The Butterick Book of Recipes and Household Helps



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THE BUTTERICK BOOK OF RECIPES AND HOUSEHOLD HELPS

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FOOD FACTS YOU SHOULD KNOW

HOW TO USE RECIPES

To become a good cook requires more than the blind following of a recipe. This is frequently illustrated when several women living in the same community, all using the same recipe, obtain widely differing results. It is the reason so many cooks say, "I had good luck with my cake to-day," or "I had bad luck with my bread yesterday." Happily, luck causes neither the success nor the failure of a product. To become a good cook means to gain a knowledge of foods and how they behave, and skill in manipulating them; in other words, good cooking is both a science and an art. The recipe by itself, helpful as it is, will not produce a good product; the human being using the recipe must interpret it and must have skill in handling the materials it prescribes.

Some of the lessons which the person desiring to become a good cook should learn while she is experimenting with recipes are given in the following pages. They will not be learned all at once; but if they are gradually mastered, luck will play a less important part in general conversation.

MEASUREMENTS AND EQUIVALENTS

Learn to Measure Accurately.—All the measurements in this book and in most standard cook-books and magazines are level. It will not do to use a heaping teaspoonful, tablespoonful or cupful when a level one is meant. To change proportions by wrong measuring causes poor results, for example:

Too much flour will make a cake dry and crumbly, bread solid and heavy, sauces thick and pasty.

Too much fat will make cakes oily and may cause them to fall. It will make grease-soaked doughnuts and greasy gravies and sauces.

Too much sugar will make a cake with a hard crust, or a sticky cake. It makes a soft, sticky jelly.

Too much liquid will make a cake that falls easily.

Too much soda gives a disagreeable taste and bad color to breads and cakes.

Have Accurate Equipment for Measuring, as follows:

1. A measuring-cup holding one-fourth quart and divided by ridges on one side into thirds and on the other side into fourths.
2. A quart measure divided by ridges into fourths. Each fourth is a cupful.
3. A standard tablespoon that holds one-sixteenth of a cup.
4. A standard teaspoon that holds one-third of a tablespoon.
5. A tested scale.

To Measure Dry Material, fill the cup, spoon or other measure to overflowing, then pass a spatula or the straight edge of a knife over the top, leveling the material. For an accurate half-teaspoon or tablespoon of dry material, fill spoon as above, then, owing to the difference in a capacity of the tip and bowl of the spoon, divide the material in halves lengthwise.

To Measure Liquids, fill the measure with all it will hold.

PROBLEMS IN WHIPPING CREAM

1. Cream must be thick to whip easily.

2. Cream is thin if it contains less than 20 per cent. butter fat; it is thin when it is fresh and when it is warm.

3. To whip easily, cream must not contain less than 20 per cent. butter fat. Best results are obtained when cream contains 25 to 40 per cent. butter fat.

4. Fresh cream does not whip well even when it contains more than 20 per cent. butter fat. This is because lactic acid is produced as cream ages, and the acid thickens the cream. The addition of one-half teaspoon commercial lactic acid to each two cups cream will do the same thing that is accomplished by 12 to 24 hours' standing.

5. Warm cream will not whip well because warmth thins cream. As cream is chilled, the fat congeals and the cream thickens. Cream set on the ice for two hours will whip easily if it is rich enough and old enough. The best temperature for whipping cream is between 35° and 50° Fahrenheit. If no ice is available to congeal the cream, it may be thickened by adding one teaspoon viscogen to each two cups of cream. This will make it possible to whip cream that is a little low in fat, and fresh cream as well as warm cream.

VISCOGEN OR SUCRATE OF LIME

5 cups water ½ cup sugar $\frac{3}{10}$ cup milk of lime

Mix thoroughly, put into jars or bottles and allow to stand 24 hours before using. This will keep indefinitely and is very useful to have on hand when whipped cream is served often or in the making of ice-creams.

HOW TO THICKEN WITH FLOUR OR CORN-STARCH

This is one of the most important things for a good cook to know. If the cook can tell how much flour or corn-starch to use to make sauces or pastes of any desired thickness and knows how to mix and cook these sauces and pastes to make them smooth, velvety and fine in flavor, he or she has learned one of the hardest cooking lessons and is in possession of information that will help in making a great variety of dishes.

With each cup of liquid:

½ tablespoon flour or ½ teaspoon corn-starch	Makes a very thin sauce, which may be used in making thin cream soups.
1 tablespoon flour or 1 teaspoon corn-starch	Makes a thin sauce, which may be used in making cream soups of average thickness.
2 tablespoons flour or 2 teaspoons corn-starch	Makes a medium sauce, which may be used for creamed meats or vegetables, scalloped dishes, gravies or other sauces where a medium thickness is desired. It has about the thickness of heavy cream.
3 tablespoons flour or 1 tablespoon corn-starch	Makes a thick sauce, which may be used for creamed meats or vegetables, scalloped dishes, gravies or sauces where a thick sauce is desired. A sauce containing this amount of flour has considerable body and spreads rather than runs.

5 tablespoons flour or 5 teaspoons corn-starch	Makes a paste when cold. This sauce may be used in making mixtures for croquettes, soufflés, blanc-manges and similar puddings.

If a sauce is too thick, it can be thinned without trouble by adding more liquid. If a sauce is too thin it must be thickened by adding more of the thickening agent and by recooking it. A starchy sauce or a cream soup is always thinner when hot than when cold. Even the amount of cooling which occurs in transferring a starchy sauce, gravy or soup from the cooking utensil to the serving dish perceptibly thickens it. This must be taken into account in making creamed dishes of various kinds.

When the Liquid Used Is Milk, use a little more milk or a little less starch than for a water sauce, because milk already contains about 12 per cent. solids.

When the Liquid Used Is Acid, as vinegar, a fruit-juice or tomatoes, the hot acid acts on the starch and gradually changes it, just as dry heat does, to dextrin. Dextrin has not the thickening power of starch. Therefore, when an acid liquid is to be thickened, more of the thickening agent may be needed, and the time for cooking may be shortened. No statement can be made as to exact differences because acids differ greatly in strength.

When the Flour Is Browned, the dry heat changes part of the starch to dextrin and the flour may lose a considerable part of its thickening power. Either more browned flour must be used than uncooked flour or browned flour may be used for color and uncooked flour for thickening.

Corn-starch Requires Longer Cooking Than Flour, as a quickly cooked corn-starch mixture always has a raw taste.

APPROXIMATE AMOUNTS OF SUGAR FOR VARIOUS COMMON DISHES

Ice-creams—2 to 4 tablespoons to 1 cup mixture.

Custards (not used for ice-creams)—1 to 2 tablespoons to 1 cup milk.

Cakes—One-half as much sugar as flour. In chocolate cakes, three-quarters as much as flour.

Meringues—1 to 5 tablespoons to 1 egg-white.

Frostings—1 to 3 cups to 1 egg-white.
Breads—1 tablespoon or less to 1 cup flour, if any is used.
Muffins—2 tablespoons or less to 1 cup flour, if any is used.

DIRECTIONS FOR FRYING

1. Put enough fat into the kettle to submerge to a depth of one or two inches the articles to be fried. Do not fill kettle more than three-fourths full of fat. The fat in an over-full kettle may bubble over and catch fire.

2. Heat fat gradually to the desired temperature, which will be between 300° and 400° Fahrenheit, or always, if possible, below the smoking point of the fat.

3. Put only moderate amounts of food into the fat at one time, because (a) when the very hot fat cooks the food it causes the moisture in the food to boil and this vigorous bubbling may cause the fat to bubble over the edge of the kettle, with risk of fire; and (b) too much food may so cool the fat as to delay the cooking and increase absorption of fat and make a greasy product.

4. When the food is cooked to the desired brown color, remove at once, drain over the fat kettle for a few seconds, then place on soft paper to finish draining.

5. After frying is completed, let fat cool until it is safe to handle, then strain through several thicknesses of cheese-cloth placed over a strainer. Clarify it frequently, after each time of using, if possible, as it will lengthen the lifetime of the fat.

If fat used in frying is not overheated, and if it is frequently clarified, it may be used over and over again, even if the smoking temperature is comparatively low.

If fish is well egged and crummed before being fried, it will not seriously flavor the fat in which it is fried and the fat is then useful for frying foods other than fish.

TESTING FAT FOR FRYING

1. For large pieces of raw food—335° to 360° F. A one-inch cube of bread from the soft part of the loaf will cook to a golden brown in 1 to 1¼ minutes. If a fat of low smoking temperature is used, this time must be increased to 1¾ to 2 minutes.

2. For smaller pieces of raw food or large pieces of cooked food—340° to 380° F. The piece of bread will brown in 50 to 60

seconds. For fats of low smoking temperature, the time must be increased to 1¼ to 1½ minutes.

3. For most cooked foods—360° to 400° F. The bread will brown in 40 to 50 seconds. For fats of low smoking temperature, the time must be increased to 60 to 80 seconds.

Great care should be taken to have the right temperature in frying. If fat is too hot, it scorches the food or does not cook it through, or spoils the fat. If it is too cool, the food becomes soaked with fat. Fats of low smoking temperature will naturally soak into food a little more than fats of high smoking temperature, because the food must remain longer in the fat.

EGGING AND CRUMMING FOODS FOR FRYING

Except in the case of foods like doughnuts, fritters, potatoes and fried breads, foods are ordinarily either egged and crummed or dipped in an egg batter before being fried. This is because the egg or egg batter hardens in the hot fat, making a case about the food which keeps it from becoming fat-soaked.

For crumming, use dried bread-crums rolled and sifted or soft crums forced through a strainer.

Break an egg into a shallow plate and beat it with a fork only enough to mix the yolk and white and not enough to beat air into it. Blend into the mixed egg two tablespoons water for each egg.

Place some crums on a board. Roll the food to be fried in the crums, covering all parts with crums.

Dip the crum-covered food into the egg bath, being careful to cover every part with egg.

Lift food from egg with broad-bladed knife and roll again in crums.

Let stand a few moments to dry. The food is then ready for frying. Foods may be egged and crummed several hours or even a day before being fried.

WHY CUSTARDS WHEY OR CURDLE

Custards usually whey or separate or curdle because they are cooked at too high a temperature. Soft custards may curdle when they are cooked for too long a time or are not stirred constantly. Milk that is a little sour may cause curdling of a custard.

The best way to prevent wheying, separating or curdling is to regulate the temperature and time of cooking all custards by cooking them over or surrounded by water slightly below the boiling-point, by removing them from the heat when they are done, and by being sure that milk used in making them is entirely sweet.

If a soft custard begins to whey, separate, or, as it is usually called in this case, curdle, it should be removed immediately from the heat. The pan containing it may be set in a pan of cold water, and the custard may be beaten vigorously to redistribute the particles of egg and milk solids.

PRECAUTIONS FOR CUSTARDS MADE WITH VINEGAR

If a soft custard mixture is to be made with vinegar or tomato-juice, as in some salad dressings, the custard should be removed from the heat the minute the mixture begins to thicken. Hot acid coagulates egg and then very soon begins to digest it. This process makes it thin instead of thick. If an acid custard mixture has become thinned by cooking it for a minute too long, it must be thickened by adding more egg or by thickening it with flour, following the directions for starchy sauces. Custards made with vinegar require more egg than other custards to secure the same degree of thickness.

DIRECTIONS FOR MIXING CUSTARDS

Scald the liquid. This saves time in making all custards.

Thoroughly mix eggs, seasoning (as salt), and flavoring (as sugar) by stirring but not by beating.

Gradually add hot liquid to egg mixture.

For *firm* custards, pour custard mixture into baking-dish, set baking-dish in pan of hot water and cook in oven or steamer until firm, keeping water in pan constantly below the boiling-point. The custard is done when the blade of a knife run into the center of the custard comes out clean.

For *soft* custards, cook in top of double boiler, keeping the water in the lower part constantly just below the boiling-point. Stir constantly until the mixture stops frothing, coats the spoon, and has the thickness of cream. Remove at once.

HOW TO BUY FOOD

Thought should be given to the expenditure of the money allotted to food, as a balanced diet, so necessary to health, depends on the wise apportionment of that allowance. The following rules apply to the average healthy family; they may be modified by each housewife to meet her own special needs:

MILK

Spend as much for milk as is necessary to secure for each child three-quarters of a quart to a quart of milk a day and for every one else in the family from one-third to one-half a quart of milk a day. Buy skim milk if you can not afford whole milk; give this to the children. Cheese may replace a part of the milk for adults if they prefer it. Two ounces of cheese may be substituted for about one-third of a quart of milk.

FRUITS AND VEGETABLES

It is desirable to include fruit twice a day. Use fresh fruits in the height of their season. When they are cheapest, store, can and dry them for winter use. Dried fruits, such as prunes, apricots, peaches, dates and raisins, can always be bought in the markets and are probably the most inexpensive of all fruits. Oranges are a particularly wholesome fruit and should be used as often as possible unless replaced by tomatoes.

A child can eat two medium-sized potatoes in a day, and one-fourth of a pound or more of the other vegetables. A grown person can eat twice that amount.

CEREALS

Buy cereals in variety. Be sure to include a generous proportion of cereals made from the whole grain. These contain elements of nutrition that are lost when the outer coat is removed, and also furnish part of the necessary roughage in the diet. Such cereals are especially desirable when it is difficult to use as much vegetables and fruits as these rules call for.

FAT

For each grown person, every day, buy at least one and one-half ounce of fat (butter, shortening, oil, cream, fat from meat, etc.). For children buy at least one-half that much, unless the child is getting a quart of whole milk daily; in that case, he is getting a large part of his fat allowance in the milk.

MEAT AND MEAT SUBSTITUTES

Ordinarily, do not try to serve flesh foods (meat, fish, and poultry) more than once a day. Milk, eggs, and cheese supply a desirable quality of protein or muscle-building foods and may be served instead of meat. The more milk one has, the less meat he needs. Peas, beans and cereals can not replace the high-quality protein found in meat, eggs, milk and cheese, but they have great value in supplementing the animal proteins. If beans, peas or cereals are used as a meat substitute, some milk, eggs or cheese should be included in the meal or in the meat substitute recipe. The weekly allowance of meat foods need not be higher than one and three-quarters pound for each person in the family, in order to furnish appetizing meals. This means an average daily portion of not more than a quarter of a pound.

Buy eggs instead of meat for children. A child under four or five years of age is well off without any meat at all. If he has an egg every day in addition to his three-fourths of a quart or quart of milk allowance, he will get adequate protein food.

A child four or five years old may have a little meat-food in addition to his milk allowance. He should have no more than a small serving (an ounce or less) each day of lean beef, mutton, lamb, chicken, lean fish or oysters.

Allowance for the child at this age might add almost one-half pound to the weekly amount of meat-food to be purchased.

SUGAR

Buy moderate amounts of sugar, molasses, honey or sirup.

AIDS IN BUYING CANNED GOODS

If the average household is to be supplied with the vegetables and fruits needed in the abundance recommended in this book, some provision must be made to have a supply on hand during the months when fresh products are not available. In some

households, these will be stored, canned, dried or preserved at home. In others, they must be purchased fresh from the market or bought in preserved form from the dealer.

It would be a profitable thing for every housewife to learn sizes in canned goods and demand certain standards. She should keep a record of good and poor grades so that she may ask for the quality she prefers. Canned goods that are used frequently should be purchased in case lots, as a wholesale or reduced price can be obtained in that way.

The canneries have the size of can well standardized. The following list gives the size of the can by number together with an approximate estimate of its contents:

No. ¼ cans sardines, potted meats such as deviled ham, condensed milk, contain 4 to 4½ oz.; approximately ½ cup.

No. ½ cans shrimp, lobster, salmon, pimiento, condensed milk, contain 7½ to 8 oz.; approximately 1 cup.

No. 1 cans (short or small) tunafish, canned soup, milk, boned meats such as chicken, contain 10 to 13 oz.; approximately 1¾ cups.

No. 1 cans (tall or square) salmon, asparagus tips, contain 1 lb.; approximately 2 cups.

No. 2 cans vegetables such as peas, corn, beans and some fruits, such as pineapple and berries, contain 1 lb. 4 oz.; approximately 2½ to 3 cups.

No. 2½ cans fruits such as pineapples, peaches, pears, plums, berries; also many vegetables, such as beets, asparagus stalks in square tins, spinach, contain 1 lb. 14 oz. to 1 lb. 15 oz.; approximately 3½ cups.

No. 3 cans tomatoes, beets, sauerkraut, pumpkin and fruits, contain 2 lb. to 2 lb. 1 oz.; approximately 4 cups.

No. 10 cans mince-meat, apple sauce, marmalades, jams, pickles, sauerkraut, baked beans, corn on cob, in fact, nearly all canned goods for large quantity use, contain 6 lb. 8 oz. to 7 lb. and over for fruits and vegetables and 7 lb. 8 oz. to 8 lb. 12 oz. for marmalades and jams. Approximately 3¼ quarts.

While the size of can is standardized, there is a variation in weights of cans put up by different canneries. This difference in weight is probably due to a more solid pack or a great density in sirup content in the heavier cans and, this being the case, the housewife should not know the number alone but should

acquaint herself also with the weight she can expect in any given size can.

SUGGESTIONS FOR RESERVE SUPPLY SHELF

It is well to keep on hand, on the reserve supply shelf of canned goods, one or more soups; one or more meats and fish; one or more vegetables; some materials for salad, such as canned fruits, marshmallows, bottled salad dressing; a few desserts, such as plum or suet pudding and some of the gelatin preparations. Hors d'oeuvres and relishes, like oysters for cocktail, pickles and olives, are always useful. English walnut meats, almonds or mixed nuts, dates and raisins make an emergency dessert and crackers and biscuits in tin boxes add to the soup, salad or dessert course. Condensed milk or powdered milk is always useful.

TEMPERATURES AND LENGTHS OF TIME FOR COOKING MANY COMMON FOODS

BAKING—BATTERS AND DOUGHS

	Degrees Fahrenheit	*Total time, minutes*
Baking-powder biscuits	450 to 460	12 to 15
Batter puddings	375 to 400	35 to 45
Bread	350 to 400	45 to 60
Butter-cakes (loaf)	360 to 400	40 to 60
Butter-cakes (layer)	380 to 400	20 to 30
Cake, Angel	330 to 360	50 to 60
Cake, fruit	275 to 325	3 to 4 hours
Cake, sponge (loaf)	300 to 350	40 to 60
Cake, sponge (sheet)	340 to 360	25 to 30
Cakes (small)	350 to 400	15 to 25
Cookies (thin, rolled)	380 to 390	10 to 12
Cookies (molasses)	350 to 375	18 to 20
Cream puffs	300 to 350	45 to 60
Gingerbread	360 to 380	30 to 40
Graham Bread	350 to 400	45 to 60
Meringues	250 to 300	40 to 60
Meringues on pies and puddings	300 to 350	8 to 10
Muffins (yeast)	400 to 425	20 to 30
Muffins (baking-powder)	400 to 425	20 to 25
Pie crust (large pies)	400 to 500	20 to 40
Pie crust (tarts)	400 to 450	15 to 20
Popovers	350 to 450	35 to 40
Rolls	400 to 425	20 to 25

ROASTS OF MEAT AND POULTRY

	Degrees Fahrenheit	*Minutes per pound*
Beef (rare)	450-500 first 15 mins.	10 to 12
	300 to 350 rest of time	plus 15
Beef (medium)	450 to 500 first 15 mins.	12 to 15
	300 to 350 rest of time	plus 15

	Degrees Fahrenheit	*Minutes per pound*
Beef, rolled (rare)	350 to 480	12 to 15
Beef, rolled (well done)	350 to 480	15 to 20
Beef fillet (rare)	350 to 480	Total time 20 to 30 mins.
Beef fillet (well done)	350 to 480	Total time 50 to 60 mins.
Ham (well done)	Total time	4 hrs. boiled, then 2 hrs. baked
Lamb (well done)	350 to 480	20 to 24
Crown roast of lamb or mutton	350 to 480	25 to 30
Breast of mutton (stuffed)	350 to 480	20 to 25
Leg of mutton (well done)	350 to 480	18 to 20
Pork (well done)	350 to 480	20 to 25
Veal (well done)	350 to 480	20 to 30
Chicken	350 to 480	15 to 20
Fowl	350 to 480	20 to 25
Turkey	350 to 480	15 to 25
Goose	350 to 480	20 to 25
Duck	350 to 480	20 to 25

SIMMERING OR BOILING

The temperature for simmering is given for meat, as it is better when simmered than when boiled.

Meat, Poultry and Fish

	Simmering temperature, degrees Fahrenheit	*Total time, minutes*
Chicken (3 pounds)	180 to 210	1 to 1½ hr.
Cod (about three pounds)	180 to 210	20 to 30
Corned meat	180 to 210	30 to 40 per lb.
Fish (2 to 5 pounds)	180 to 210	30 to 45
Fowl (4 to 5 pounds)	180 to 210	2 to 5 hrs.
Haddock	180 to 210	10 to 15 per lb.
Halibut	180 to 210	10 to 15 per lb.
Ham (12 to 14 pounds)	180 to 210	4 to 5 hrs.
Meats (large pieces or pot roasts)	180 to 210	2 to 6 hrs.
Ox tongue	180 to 210	3 to 4 hrs.
Salmon	180 to 210	10 to 15 per lb.
Swiss steak	180 to 210	2 hrs.
Turkey (10 pounds)	180 to 210	3 to 3½ hrs.

VEGETABLES

	Boiling temperature degrees Fahrenheit	*Total time, minutes*
Artichokes	212	30 to 40
Asparagus	212	15 to 30
Beans (shell or string)	212	20 to 90
Beets (young)	212	30 to 50
Beets (old)	212	2 to 4 hrs.
Beet greens	212	15 to 30
Brussels sprouts	212	15 to 20
Cabbage	212	15 to 60
Carrots	212	15 to 60
Cauliflower	212	15 to 30
Celery	212	15 to 30
Corn	212	7 to 12
Cucumber	212	15 to 20
Dandelion greens	212	15 to 30
Eggplant (stuffed)	212	45 to 60
Lentils	212	1½ hrs., up
Okra	212	20 to 30
Onions	212	30 to 60
Parsnips	212	30 to 60
Peas	212	10 to 30
Potatoes (boiled)	212	30 to 45
Spinach	212	15 to 30
Sweet potatoes (boiled)	212	30 to 45
Salsify	212	30 to 45
Squash, summer (steamed)	212	15 to 30
Squash, winter (steamed)	212	1 to 2 hrs.
Tomatoes (stewed)	212	15 to 20
Turnips	212	30 to 60

EGGS

	Degrees Fahrenheit	*Total time, minutes*
Soft-cooked (coddled)	180 to 200	6 to 10
Soft-cooked (boiled)	212	2 to 4
Hard-cooked (coddled)	190 to 200	30 to 45
Hard-cooked (boiled)	212	20 to 30

FRYING

	Degrees Fahrenheit	*Total time, minutes*
Breaded chops	350 to 375	5 to 8
Doughnuts	350 to 390	1 to 1½
Fishballs	350 to 390	1 to 2
Fritters	350 to 395	1 to 2
Potatoes (raw)	400	4 to 8
Small fish and smelts	375	3 to 5
Timbales	415	3 to 5

JELLY-MAKING

	Cook up to, degrees Fahrenheit		*Cook up to, degrees Fahrenheit*
Blackberry	221 to 222	Grape	220 to 222
Crab-apple	222 to 224	Quince and apple	219 to 221
Currant	218 to 220		

JAMS AND PRESERVES

	Cook up to, degrees Fahrenheit		*Cook up to, degrees Fahrenheit*
Gooseberry jam	218	Plum conserve	216
Peach jam	220	Orange marmalade	220 to 222
Raspberry jam	214	Strawberry preserves	221
Strawberry jam	220	Pickled peaches	224

CANDY AND FROSTING

	Cook up to, degrees Fahrenheit
Fondant (thread stage)	230 to 236
Fondant (soft-ball stage)	238 to 240
Fudge (soft-ball stage)	234 to 240
Marshmallows (soft-ball stage)	238 to 240
Caramel mixtures (medium hard-ball stage)	246 to 252
Molasses taffy (hard-ball stage)	254 to 260
Toffee and butterscotch (soft-crack stage)	270 to 280
Hard candies to be pulled (hard-crack stage)	280 to 290
Clear brittle candies (hard-crack stage)	290 to 310
Caramelized sugar	320 to 354
Boiled Frosting: 1 egg-white to 1 cup sugar	238 to 242
2 egg-whites to 1 cup sugar	244 to 248
3 egg-whites to 1 cup sugar	254 to 260

MEAL PLANNING

Although it is desirable that each meal should be well selected, the day's food is the real measure of good nutrition. The food-selection standard should be used to determine the types of food to be selected. The art of combining these foods into wholesome and satisfying meals is the art of meal planning.

The Staying Quality of Food—Does it leave the stomach quickly or slowly? For healthy, active adults working outdoors, a great deal of food that has considerable staying quality may be highly desirable. For indoor workers and for children this type of food may be the wrong choice.

Fats and fat-rich foods all have "staying" quality. Cream sauces, home-cooked cereals and similar foods have moderate "staying" qualities. Dilute foods, foods containing meat-juices or fruit acids, are likely to encourage quick passage of food along the digestive tract. This is one reason for beginning a meal with meat soup or fruit in some form.

The Texture of Food plays an important part in its attractiveness. Crisp foods should be associated with soft ones. Variations in texture, even in a single dish, always appeal: oatmeal with cream and a sprinkle of coarse sugar; rice pudding with raisins; ice-cream with cake; crackers with cheese; crisp salad with soft dressing.

Appearance of Food is important to civilized man. Beautiful color, dainty, attractive arrangement play a large part in a successful meal.

Flavor of Food plays an important part in selecting the day's meals. Unfortunately, too often food is selected only on the basis of what tastes good.

SUGGESTIONS FOR THE GENERAL PLAN OF A DAY'S MEALS

Breakfast

Fruit, fresh, dried, canned or fresh stewed.

Milk, or cocoa made with milk, for the children. Milk, cocoa, tea or coffee for adults. Milk on cereal for all the family.

Cereal, frequently hot for all the family.

Bread, toast or muffins.

Butter, on bread, toast or muffins.

If a heartier meal is needed, it may be desirable to add eggs, bacon or other fat meat and potatoes, adapting the method of cooking to the children.

Doughnuts, cookies, jam, jelly, marmalade, and pancakes and sirup should be considered desserts, even at breakfast time, to be eaten only after more wholesome foods have been taken.

Lunch or Supper

An egg, cheese or milk dish.

Succulent vegetable or salad.

Bread and butter.

Milk for children.

Sweets in moderation. Only light desserts such as fruit, simple pudding, and cookies should be served at supper.

The meal may be made more elaborate, if desired, but should always partake of simplicity.

Dinner

Meat or other flesh or an egg or cheese dish. Dried beans may be used if milk or eggs are provided in the meal.

Potatoes, unless dried beans, macaroni or rice are used.

Another vegetable. Two vegetables (not potatoes) should be used with dried beans, macaroni or rice.

Bread and butter.

Salad may be served in addition to the meal or in the place of dessert.

Sweets in moderation. Light desserts such as plain fruit, puddings, gelatins, soufflés and whips, or heavy desserts such as pie, rich cake, cobbler, shortcake, plum pudding.

If all the milk that a person requires has not been used, the remaining amount may be served as a beverage.

If a more elaborate dinner is desired, the meal may begin with soup or an appetizer, such as a fruit cocktail or grapefruit, oysters in some form, or a canapé.

SIMPLE MENUS

BREAKFASTS

Strawberries with Cream
Corn Flakes Graham Muffins
Coffee Milk

Stewed Apricots
Corn-meal Mush Buttered Toast
Coffee Milk

Granular Wheat with Raisins and Top Milk
Oatmeal Gems Eggs
Coffee Milk

Baked Pears
French Toast Maple Sirup
Coffee Milk

Sliced Oranges
Scrambled Eggs and Bacon Toast
Coffee Milk

Grapefruit
Codfish Balls Baking-Powder Biscuits
Coffee Milk

Any Fruit in Season
Ham Omelet Graham Biscuits
Coffee Milk

Hot Baked Apples
Sausage Cakes Popovers
Coffee Milk

Oatmeal and Prunes with Top Milk
Corn Muffins Boiled Eggs
Coffee Milk

Oatmeal with Top Milk
or Bacon and Eggs
Toast Marmalade
Coffee Milk

Ready-to-Eat Cereal
Sliced Bananas with Top Milk
Poached Eggs on Toast Toast
Coffee Milk

LUNCHEONS OR SUPPERS

Banana and Nut Salad
Muffins Honey
Milk Tea

Spaghetti with Tomato Sauce
Waldorf Salad
Brown Bread Sandwiches
Milk Tea

Delmonico Potatoes Corn Oysters
Canned Fruit Molasses Cookies

Cream of Potato Soup Wafers
Asparagus Salad
Toast Apple Jelly
Cocoa

Cream of Tomato Soup Saltines
Apple and Celery Salad Rolls

Creamed Salmon on Toast
Graham Bread and Butter
Sliced Oranges with Coconut

Cream of Potato Soup
Toasted Cheese Sandwiches
Fresh Fruit

Potato Salad Sausages or Cold Ham
Apple Sauce Biscuits

Lima Beans in Casserole Muffins
Grapefruit and Celery Salad
Tea Milk

Cream of Tomato Soup Croutons
Brown Bread Sandwiches with Cheese Filling
Fruit Salad
Tea Milk

Macaroni and Cheese
Stewed Tomatoes Bread
Baked Apple with Tapioca
Tea Milk

Pork and Beans
Pickle, Celery and Lettuce Salad
Brown Bread Plum Sauce
Tea Milk

Cabbage au Gratin Plain Sandwiches
Lettuce Salad with French Dressing
Apricot and Rice Pudding

Cheese Soufflé Baked Potatoes
Waldorf Salad Rolls
Cocoa

Scalloped Oysters
Toasted English Muffins
Canned or Fresh Fruit
Tea Milk

Creamed Salmon Baked Potatoes
Pickles Bread
Orange and Bermuda Onion Salad
Tea Milk

Cold Meat Tomato and Celery Salad
Hot Gingerbread and Whipped Cream
Bread
Tea Milk

Cheese Fondue Vegetable Salad
Bread
Cereal Pudding with Dates

Grapefruit
Tunafish Salad
French Fried Potatoes Graham Gems
Floating Island Custard

LUNCHEON OR SUPPER WITHOUT MEAT

Creamed Asparagus on Toast
Stewed Tomatoes Cottage-Cheese Salad
Prune Whip Custard Sauce

Lettuce and Peanut Butter Sandwiches
Banana Salad
Apple Sauce Cookies Milk

Tomato Soup
Rice Croquettes with Cheese Sauce
Green Peas
Baked Apple with Raisins and Nuts
Milk

Stuffed Baked Potatoes
Cheese, Pickle and Pea Salad
Drop Biscuits
Pineapple Ginger Snaps

Scalloped Oysters Waldorf Salad
Graham Muffins
Floating Island Custard
Tea

VEGETABLE LUNCHEON

On one plate a small serving of four or five vegetables, as:
Potato, Turnips or Squash, a Green Vegetable,
Beets or Carrots
Brown-Bread and Cream-Cheese Sandwiches
Apricots Vanilla Wafers
Tea or Milk

DINNERS

Broiled Steak
Mashed Potatoes Asparagus Salad
Rolls Butter Grape Conserve
Chocolate Pudding

Hamburg Steak with Tomato Sauce
Potato Cakes Creamed Cauliflower
Rolls Butter
Cranberry Sauce Cookies

Breaded Pork Chops Gravy
Riced Potatoes Buttered Spinach
Combination Fruit Salad
Bread Wafers

Liver and Bacon Creamed Potatoes
Cabbage and Celery Salad
Bread
Sliced Bananas with Lemon-Juice

Veal Cutlets in Casserole
Creamed Potatoes Eggplant
Watercress Salad
Apple Pie Cheese Coffee

Stuffed Beef Heart
Glazed Sweet Potatoes Buttered Turnips
Cole-slaw
Tapioca Cream Coffee

Clear Vegetable Soup
Roast Chicken Giblet Gravy
Boiled Rice Wax Beans
Asparagus Salad
Fruit Gelatin Coffee

Pot Roast in Tomato Sauce Potatoes
Buttered Peas Brown Bread
Fresh Vegetable Salad
Fruit Jelly with Custard Sauce
Grapefruit
Broiled Steak Potatoes on the Half Shell
Spinach Hot Rolls
Molded Chocolate Pudding with Whipped Cream

Roast Mutton Brown Gravy
Creamed Turnips Mashed Potatoes
Currant Jelly Bread
Lemon Sponge with Custard Sauce
Coffee

Roast Beef Brown Gravy
Mustard or Horseradish Sauce
Franconia Potatoes Fried Parsnips
Pumpkin Pie spread with Plum Jam
and Whipped Cream

Roast Pork Brown Gravy
Apple Sauce or Small Baked Apples
Glazed Sweet Potatoes Spinach
Macedoine of Fruit with Whipped Cream
Sponge Cakes

Pork Chops Baked with Apples
Scalloped Potatoes
String Beans Bread
Indian Pudding

Swiss Steak Baked Potatoes
Creamed Onions
Caramel Junket Cookies

Meat Loaf Scalloped Potatoes
Peas Nut Bread
Lettuce Salad, Thousand Island Dressing
Fresh or Canned Fruit Small Cakes

Fish Chowder with Water Wafers
Grapefruit Salad
Graham Bread and Butter
Queen of Puddings

Broiled Chicken Riced Potatoes
Corn Fritters Rolls
Tomato Jelly Salad
Apple Pie with Cheese

Meat Pie with Potatoes, Carrots and Turnips
Tomato Salad Bread
Prune Whip Custard Sauce

Tomato Soup Bread Sticks
Baked Ham Southern Sweet Potatoes
Green Peas Rolls
Lettuce Salad French Dressing
Meringues with Fruit and Whipped Cream
Coffee

Cream of Corn Soup
Baked Hash Spinach with Egg
Chocolate Bread Pudding
Coffee

Salmon Loaf with Cream Peas
Mashed Potatoes
Apple and Celery Salad
Banana Cream Pie

Broiled Halibut Creamed Potatoes
Chilli Sauce
Cole-slaw Brown Bread
Rice Custard

Fruit Cocktail
Stuffed Turbans of Flounders
French Fried Potatoes
Creamed Peas Bread or Rolls
Tomato Salad
Fruit Ice Cakes Coffee

DINNERS WITHOUT MEAT

Cream of Vegetable Soup
Scalloped Tomatoes
Stuffed Baked Potatoes with Cheese
Waldorf Salad Corn Muffins
Creamed Rice Pudding with Apricots

Chilled Fruit
Stuffed Tomatoes Parsley Potatoes
Creamed Asparagus
Pumpkin Pie Milk

Baked Rice and Cheese Buttered Beets
Stuffed Olive and Lettuce Salad
Nut Bread Milk
Chocolate Pudding and Cream

Cheese Soufflé
Mashed Potatoes Buttered String Beans
Radish and Cucumber Salad
Strawberry Shortcake

Boston Roast Spinach with Eggs
Rolls
Head Lettuce Salad
Bread Pudding with Cream Sauce

QUICK BREADS, GRIDDLE CAKES AND WAFFLES

POPOVERS

1¼ cups flour
¼ teaspoon salt
2 eggs
1 teaspoon sugar
1 cup milk

Mix the flour, salt and sugar. Gradually add the milk and the well-beaten eggs. Beat thoroughly. Have ready some small ramekins or iron muffin-pans, well greased and piping hot. Fill them about half full of the batter and bake in a hot oven for thirty to forty minutes. The heat should be reduced toward the end to prevent the popovers from becoming too brown.

BREAD-CRUM GRIDDLE-CAKES

1½ cups stale bread-crums
1½ cups scalded milk
2 tablespoons shortening
2 eggs
½ cup flour
½ teaspoon salt
4 teaspoons baking-powder

Soak the crums in the milk and fat until they are soft. Add the eggs, well beaten, and the dry ingredients, mixed and sifted. Drop the batter, by spoonfuls, on a hot, greased griddle. When the cakes are full of bubbles, turn them and brown on the other side. The cakes are very tender and should be turned carefully.

FRENCH OR JELLY PANCAKES

3 eggs
1 teaspoon sugar
½ teaspoon salt
1 cup milk
½ cup flour
1 tablespoon shortening

Separate the yolks and whites of the eggs. To the beaten yolks add the sugar, salt and one-half cup of milk. Stir in the sifted flour, the other half cup of milk, the melted shortening, then fold in the stiffly beaten whites of the eggs. When eggs are high, use only two eggs and a half teaspoon of baking-powder.

Bake on a hot griddle, making the cakes slightly larger than usual. Spread each cake with tart fruit jelly and roll white hot. Place all on a platter, side by side, with the lapped edge of the roll touching the bottom of the platter to keep the cake from spreading. Dredge with sugar and, with a red-hot wire toaster, burn lines on the sugared pancakes. This gives an attractive appearance and a slight flavor of burnt sugar.

APPLE PANCAKES

1 tablespoon fat
1 tablespoon sugar
2 eggs
1½ cups flour
1 teaspoon baking-powder
1 cup apples
Cinnamon
Milk

Cream the fat and sugar, add the beaten eggs, the flour sifted with the baking-powder and cinnamon, and the finely chopped apples. Then gradually add milk to make a medium batter. Bake on a griddle as for ordinary pancakes and serve in an overlapping row around a platter of pork chops or serve separately with roast pork, either hot or cold. Cooked apples or a dry apple sauce may be used with batter in the same way.

WAFFLES

1½ cups flour
½ teaspoon salt
3 teaspoons baking-powder
1 cup milk
2 eggs
1 tablespoon fat

Mix the flour, salt and baking-powder, add the milk gradually, then the eggs, which have been beaten until very light, and the melted fat. Be sure that both sides of the waffle-iron are hot and that it is well greased. After baking each waffle, heat the iron a minute before putting in batter for the next.

MUFFINS

2 cups flour
½ teaspoon salt
1 tablespoon sugar
4 teaspoons baking-powder
1 cup milk
1 egg
2 tablespoons melted shortening

Mix and sift the flour, salt, sugar and baking-powder. Add the milk gradually, the well-beaten egg and melted fat. Pour

into well-greased muffin-tins, filling the tins two-thirds full. Bake in a hot oven (400°-425° F.) from fifteen to twenty-five minutes.

GRAHAM MUFFINS

2 cups graham flour
2 tablespoons sugar
½ teaspoon salt
1 egg
½ teaspoon soda
¾ cup sour milk
½ tablespoon shortening

Sift the flour with the sugar, salt and soda, and turn the bran back into it. Add the milk gradually, the well-beaten egg, and the melted shortening. Fill well-greased muffin-tins about two-thirds full and bake in a hot oven (400°-425° F.) from twenty to twenty-five minutes.

CORN-MEAL MUFFINS

1 cup corn-meal
1 cup flour
½ teaspoon salt
4 teaspoons baking-powder
1 cup milk
1 egg
2 tablespoons shortening

Mix and sift the corn-meal, flour, salt and baking-powder. Add the milk gradually, then the well-beaten egg, and melted fat. Bake in well-greased muffin-pans in a hot oven (400°-425° F.).

JELLY CORN MUFFINS

Use the recipe for corn-meal muffins. Fill greased muffin-tins one-fourth full, put a teaspoon of jelly on the top of the batter in each cup, cover the jelly with more batter and bake in a hot oven (400°-425° F.) fifteen or twenty minutes.

CORN MUFFINS WITH DATES

1 cup white corn-meal
2 tablespoons brown sugar
1 teaspoon salt
2 tablespoons shortening
1¼ cups milk
1 cup flour
4 teaspoons baking-powder
1 egg
½ cup chopped dates

Mix the corn-meal, sugar, salt and melted shortening. Scald the milk, pour it over the mixture, and let it stand until the meal swells. When cool, add the flour sifted with the baking-powder,

the well-beaten egg and the dates. Beat thoroughly, and bake in greased muffin-tins in a hot oven (400°-425° F.).

RAISIN BRAN MUFFINS

1 cup bran
¾ cup flour
4 teaspoons baking-powder
½ teaspoon salt
1½ tablespoons molasses
1 tablespoon melted fat
½ cup seeded raisins
½ cup milk
1 egg

Mix and sift the dry fine ingredients, stir in the bran, add the molasses, the melted fat, raisins and the milk gradually. Then add the well-beaten egg and bake in muffin-tins in a hot oven (400°-425° F.).

BOSTON BROWN BREAD

1 cup corn-meal
1 cup rye flour
1 cup graham flour
¾ tablespoon soda
1 teaspoon salt
¾ cup molasses
2 cups sour milk or 1¾ cup sweet milk

Mix and sift the ingredients. Mix the molasses and milk and add to the dry ingredients. Beat thoroughly and turn into well-greased molds, filling each mold about two-thirds full. Cover and steam three hours. Remove the covers and bake the bread long enough to dry it off.

BAKING-POWDER BISCUIT

2 cups flour
4 teaspoons baking-powder
1 teaspoon salt
2 tablespoons shortening
¾ cup liquid (all milk or half milk and half water)

Mix dry ingredients and sift twice. Work in fat with tips of the fingers, or cut in with two knives. Add the liquid gradually, mixing with a knife to a soft dough. Owing to differences in flours, it is impossible to determine the exact amount of liquid. Toss on a floured board, pat and roll lightly to one-half inch in thickness. Shape with a biscuit-cutter. Bake in hot oven (450°-460° F.) twelve to fifteen minutes.

EMERGENCY BISCUIT

Use the recipe for baking-powder biscuit, using more liquid to make the dough soft enough to drop from the spoon. The amount of the liquid in this recipe, in most cases, will be just half the amount of flour (two cups of flour to one cup liquid). Drop the biscuit on to a well-greased pan, or bake in greased muffin-tins, in a hot oven (450°-460° F.).

TEA CAKES

2 cups flour
4 teaspoons baking-powder
⅔ cup milk
1 teaspoon salt
4 tablespoons shortening

Mix and sift the flour, baking-powder and salt, and chop in the shortening. Add sufficient milk to make a soft dough, about two-thirds cup. Toss on floured board and roll into a sheet one-half inch in thickness. Reverse a pie-plate upon the rolled dough, and with a sharp knife, cut a cake the exact size of the pie-plate. With a cake-turner transfer the cake to a greased baking-tin and bake in a quick oven (400°-425° F.). While hot, split, butter and cut like a pie. Another may be made of the trimmings.

SCOTCH SCONES

Make the preceding mixture for tea cakes, but shape with a small, round cookie-cutter. Bake on a griddle, turning on both sides until a delicate brown. Lay a napkin on a plate, arrange the scones on it and fold the corners of the napkin over them. Split and butter while hot.

SALLY LUNN

½ cup shortening
¼ cup sugar
2 teaspoons baking-powder
2 cups flour
1 cup milk
1 egg

Cream the shortening with the sugar. Mix and sift together the flour and baking-powder and add to the creamed mixture, alternating with the milk. Add the beaten egg and bake in a loaf or in muffin-pans, in a moderate oven (350°-400° F.).

When fresh huckleberries are in season, one cup stirred in just before baking will be an agreeable addition.

SPOON CORN-BREAD

2 cups water
1 cup white corn-meal
1 cup milk
1 tablespoon butter
1 teaspoon salt
2 eggs

Mix the water and corn-meal and bring slowly to the boiling-point. Cook five minutes. Add the milk, butter, salt and well-beaten eggs. Beat thoroughly and bake in a well-greased pan for twenty-five minutes in a moderately hot oven (350° F.). Serve from the same dish with a spoon.

NORTHERN JOHNNY CAKE

2 cups corn-meal
2 cups sour milk
2 tablespoons fat
2 tablespoons sugar, white or brown
1½ teaspoons salt
2 eggs
1 teaspoon soda
1 tablespoon cold water

Cook together the meal, milk, fat, sugar and salt in a double boiler for about twenty minutes. Allow the mixture to cool, then add the well-beaten eggs and the soda dissolved in the water. Bake in a shallow iron or granite pan for about thirty minutes at 400° F.

In case there is not time to cook and cool the meal, the following method of mixing may be used. Mix and sift together the meal, sugar, salt and soda, add the sour milk gradually, then the well-beaten eggs and the melted fat. Bread made by this method does not have as good texture as that made by the first method.

SOUTHERN CORN-BREAD

1 cup sour milk
½ teaspoon soda dissolved in 1 teaspoon water
1 egg-yolk
½ teaspoon salt
1½ cups corn-meal
White of one egg beaten stiff and added last

Mix in the order given and bake in muffin-tins or in a shallow pan in a moderate oven (350° F.) for fifteen minutes.

To be real Southern corn-bread, this should be made of white corn-meal made from the whole grain.

ENGLISH MUFFINS

Use any standard roll recipe, making a very soft dough. Knead lightly until smooth and elastic. Work down and when light again roll out with rolling-pin to about one-fourth inch in thickness. Cut in circles. When light, bake on ungreased hot griddle. As soon as they are brown on one side, turn them over. When both sides are browned, bake more slowly until finished. They may be browned on the griddle and then may be put into the oven to finish baking.

A modification of this recipe may be made by adding enough flour to make a drop batter. Let it rise until light. Drop batter into large, greased English muffin rings, arranged on a greased baking-sheet. Bake in a hot oven until nearly done. Turn rings upside down and complete baking at 400°-450° F.).

MONTE CARLO BREAD

2 cups scalded milk
1½ teaspoons salt
1 cup sugar
1 cup shortening
6 eggs
2 yeast cakes softened in ½ cup lukewarm water
9 cups flour (enough to make soft dough)
1½ cups currants

Add scalded milk to salt, sugar and fat. When lukewarm, add the yeast. Add one-half the flour and beat well. Let rise until very light. Add slightly beaten eggs, currants and remaining flour. Knead lightly, let rise and when light place in well-oiled bread-pans. Let rise and when light bake in moderate oven (350°-400° F.). When the bread is a few days old, cut in thick slices and toast.

SWEDISH TEA RING

1 cup scalded milk
¾ teaspoon salt
¼ cup sugar
6 tablespoons shortening
⅛ cup finely chopped nuts
1 yeast cake softened in ¼ cup warm water
3½ cups flour
1 egg

Add the scalded milk to the salt, sugar and fat. When lukewarm add the yeast. Add one-half the flour and beat well. Let rise until very light. When light add the egg and the remaining flour and beat well. Let rise. Divide the dough into two parts

and shape each in a long, round piece and form two circles, placing the circles on a baking-tin. Brush with white of egg and sprinkle with finely chopped nuts. With a large pair of scissors cut toward the center of the ring, but not quite to the center, at intervals of two inches, placing the cut section each time flat on the tin, giving it a petal-like appearance. When light, bake in a moderate oven (350°-400° F.).

COFFEE CAKE

1 cup scalded milk
¾ teaspoon salt
⅔ cup sugar
4 tablespoons shortening
1 cake yeast softened in ¼ cup warm water
1 egg
2 cups flour (about)
Sugar, cinnamon

Cool the milk and add the yeast and one-half the flour. Beat well and let rise until very light. Add the slightly beaten egg, sugar and melted fat, mix thoroughly and add remaining flour. Let rise until almost double in bulk. Pour into shallow, greased pans. When light, sprinkle thickly with sugar and cinnamon. Bake twenty minutes at 400° F. Serve hot.

TOAST MELBA

Cut bread in one-eighth-inch slices and toast until crisp.

FRENCH TOAST

12 slices bread ½ inch thick
3 eggs
2 cups milk
½ teaspoon salt
Powdered sugar

Beat the eggs, add the milk and salt. Dip slices of bread into this mixture and sauté in a little hot fat until a delicate brown. Sprinkle with powdered sugar and serve hot.

USES FOR STALE BREAD

Stale bread should never be thrown away. The soft part may be grated and used for soft crums. The larger pieces of bread may be used for toast, croutons or toast sticks. The drier pieces may be dried very slowly in the oven and then grated or ground for dry crums.

SANDWICHES AND SANDWICH FILLINGS

ANCHOVY BUTTER

Yolks of 4 hard-cooked eggs
4 boned anchovies
½ cup butter
Paprika

Rub the yolks of the hard-cooked eggs to a smooth paste with the anchovies and butter and add paprika to taste.

PEANUT BUTTER AND FRUIT

¼ cup figs
¼ cup raisins
2 tablespoons light corn-sirup
½ teaspoon salt
½ cup peanut butter

Wash figs and raisins and put through a food-chopper. Add salt, peanut butter, lemon-juice and corn-sirup, and mix well.

PEANUT BUTTER AND BANANA

½ cup peanut butter
¼ cup cream or hot water
Lemon-juice
½ cup banana pulp or 2 bananas

Mix the peanut butter with the cream until smooth and light in color, then combine with banana pulp and lemon-juice, or slice banana over layer of peanut butter on bread.

PEANUT BUTTER AND PICKLE

½ cup peanut butter
½ cup chopped pickle
¼ cup hot water

Cream peanut butter and water together and add chopped pickle.

ANCHOVY AND CHEESE SANDWICHES—NO. 1

10 tablespoons Parmesan cheese
10 slices toasted bread
5 anchovies

Add to the Parmesan cheese the anchovy and rub to a paste. Spread between two very thin slices of toasted buttered bread.

CHEESE AND ORANGE MARMALADE SANDWICHES

½ cup cream cheese
¼ cup cream
½ cup orange marmalade

Spread half the slices with seasoned cheese, softened with the cream and mixed with seasoning if desired, the other half with orange marmalade to which is added a little French mustard, and fit slices together.

RUSSIAN SANDWICHES

½ cup Neufchatel cheese
¼ cup chopped olives
10 lettuce leaves
¼ cup chopped pimiento
¼ cup mayonnaise

Spread thin slices of Boston brown bread, lightly buttered, with Neufchatel cheese, or any other cream cheese. Spread also an equal number of buttered slices with finely chopped olives and pimientos mixed with mayonnaise dressing. Press together in pairs with a crisp lettuce leaf between.

CHICKEN SANDWICHES

2 egg-yolks
1 teaspoon melted butter
1 teaspoon lemon-juice
1 cup chicken
Salt
Pepper
1 teaspoon stock

Cook the eggs thirty to forty-five minutes, in water just below boiling-point, take out the yolks, and mash as fine as possible. Add to these the melted butter and lemon-juice, the finely chopped chicken, salt, pepper and stock. Mix all well together. A paste will be the result and with this very delicate sandwiches may be made.

LIVER AND BACON SANDWICHES

½ cup chopped bacon
¼ cup cream
½ cup mashed liver
Salt and pepper

Mix chopped bacon and mashed liver, season with pepper and salt, and mix with cream. Decorate the plate with a border of lemon slices and hard-boiled eggs cut into halves lengthwise, with a sprig of cress or parsley on each.

VARIATIONS FOR MEAT SANDWICHES

With corned beef or ham use a bit of mustard, with roast beef or tongue use Worcestershire or horseradish sauce. Chopped capers, tomato sauce, catchup or cold mint sauce are appropriate with lamb, and celery salt with veal. Onion-juice or finely chopped parsley adds a zest to any kind of fish or meat sandwiches.

FISH SANDWICHES

Anchovies, sardines, or freshly boiled fish may be used for sandwiches. These are better pounded to a paste, with a few drops of lemon-juice added during the pounding. Fresh white fish, like cod, may be seasoned with salt and pepper, moistened with a little mayonnaise or even a plain white sauce, and then put between two layers of buttered white bread.

OYSTER SANDWICHES

Place two or three fried oysters between two buttered slices of brown or white bread. They may be sprinkled with pepper, salt, horseradish, lemon-juice, tabasco, Worcestershire, or watercress, according to taste.

RADISH SANDWICHES

½ cup potted ham
¼ to ½ cup mayonnaise
½ cup sliced radishes

Peel and slice radishes, dip them in rich, thick mayonnaise, and lay on thin slices of bread covered with potted ham.

WHIPPED-CREAM SANDWICHES

½ cup cream
Powdered sugar
½ cup chopped nuts
Vanilla

Whip cream very stiff. Add sugar to make it quite sweet, few drops of vanilla, and chopped nuts. Spread between very thin slices of buttered bread, and serve at once. Whipped cream mixed with pounded nut-meats, spread on buttered bread with candied fruits added, is delicious.

TWENTY SANDWICH SUGGESTIONS

1. Raisins worked into Neufchatel cheese.

2. Chopped raisins, figs, dates or prunes, and nut-meats moistened with mayonnaise dressing or lemon-juice.

3. The well-whipped white of an egg mixed with a cup each of chopped raisins and nut-meats, seasoned with a little salt.

4. Peanut butter moistened with salad dressing and mixed with raisins, dates, figs or bananas.

5. Equal parts olives, peanut butter, celery, mixed with a little salad dressing.

6. Peanut butter mixed with chopped dill, sweet or sour pickles.

7. Cream cheese and chopped stuffed olives.

8. Chopped stuffed olives and chopped nuts, moistened with salad dressing.

9. Cream cheese and shredded pineapple between very thin slices of bread.

10. Tunafish mixed with parsley, lemon-juice, seasoning and a bit of onion.

11. Cream cheese and chopped nuts.

12. Ground boiled ham and chopped pickles or chopped peanuts.

13. Cottage cheese and pickles, olives, nuts or pimientos.

14. Currant jam with pounded walnut meats and creamed butter. Pass with cream cheese. Preserved currants may be substituted in this combination.

15. Boston brown bread with cream cheese or mayonnaise and chopped nuts and raisins.

16. Rounds of brown bread spread with chopped olives, minced lettuce and watercress, tarragon, paprika, parsley and chives mixed with mayonnaise.

17. Pimientos, cucumbers and onion or chives, minced, mixed with mayonnaise and spread on buttered entire-wheat bread.

18. Green pepper, pimiento and olives with mayonnaise.

19. Boston brown bread with minced corned beef seasoned with mustard and rubbed to a paste.

20. Cream cheese used with chopped parsley, pimientos and mayonnaise, chopped nuts, sliced sugared bananas, chopped pineapples, chopped or sliced olives, shredded sliced apples. The cheese may be rubbed with butter or the creamed butter may be spread on the bread.

APPETIZERS

PREPARED BREAD FOR CANAPÉS

Canapés are made from stale white bread, cut in quarter-inch slices and then shaped with a cutter into circles or rings two and one-half or three inches in diameter or cut into squares, strips, triangles or other fancy shapes. These portions of bread are then either fried in deep fat and drained on absorbent paper or sautéd in just enough butter or other fat to keep them from burning; or they may be toasted.

ANCHOVY CANAPÉS

6 portions prepared bread
3 tablespoons anchovy paste
3 teaspoons lemon-juice
2 hard-cooked eggs
Garnish of whole anchovies (may be omitted)

Anchovies are small fish which are salted and preserved. Anchovy paste, which comes in tubes, jars or bottles, may be utilized, or whole anchovies may be reduced to a smooth paste with a wooden spoon. Season with lemon-juice and spread the paste on the prepared pieces of bread. Split two anchovies lengthwise and lay them diagonally across the canapé, marking the point where they cross by a little pyramid of riced yolk of hard-cooked eggs. Petal-shaped pieces of the hard-cooked white may radiate from this center pyramid. The anchovies may be omitted in the decoration. A large anchovy curved around a circle of hard-cooked egg in the center of a canapé is also effective.

SARDINE CANAPÉS

6 portions prepared bread
6 large sardines
Juice of 1 lemon
Salt
Worcestershire sauce
Pickled beets
6 large olives
24 thin slices lemon

Remove skin and backbone. Flake the sardines with a fork and season with lemon-juice, salt and a few drops of Worcestershire sauce. Spread the prepared bread with this mixture and deco-

rate by placing in the center of each canapé a small circle of pickled beet. Cut a slice from the end of a large olive so that it will stand firmly and place this in the center of the beet. A narrow border of finely chopped beet may be placed around the edge of the canapé with good effect. Garnish the plate with four thin slices of lemon placed symmetrically.

CHEESE AND OLIVE CANAPÉS

6 portions prepared bread
3 tablespoons cream cheese
Olives stuffed with pimientos
Garnish of red pepper or pickled beet

Spread on the prepared bread a paste made by mixing equal proportions of cream cheese and chopped stuffed olives. Garnish with a quarter-inch border of the chopped olives and a star of red pepper or pickled beet in the center of each.

SUGGESTIONS FOR CANAPÉS

1. Spread rounds of bread, toasted and buttered, with purée of *pâté de foie gras*. On top of this place a slice of hard-boiled egg. Garnish with caviar and filet of anchovy.

2. Another way is to scoop the inside from small rolls, butter and toast them in the oven. Spread with purée of *foie gras* and return to the oven. When piping hot, fold in napkins and serve at once as first course.

3. Spread oblong pieces of bread buttered and toasted with sardine paste. Place a sardine on each and sprinkle with lemon-juice and chopped parsley. Or toast in the oven and serve hot with lemon.

4. Spread rounds of buttered bread with a paste made from finely chopped, hard-cooked egg. Decorate with a row of slices of gherkin. Or season caviar with lemon-juice and a dash of onion and garnish with a slice of olive.

5. Spread rounds of buttered toast with anchovy paste and then with a mixture of grated cheese and butter beaten to a cream. Reheat in the oven until the cheese melts. Garnish with a mushroom cap sautéd in fat or with a bit of watercress.

6. Spread rounds of buttered toast with anchovy paste and then with a mixture of shredded crab-meat mixed with cheese creamed with butter.

COCKTAILS WITH SHRIMPS

1. Shrimps may be put in glasses of cracked ice and each one dipped in mayonnaise. They may be served on glass plates.

2. Shrimps may be mashed in mayonnaise, put in green-pepper shells, garnished with red pepper and served with brown bread and butter.

STRAWBERRY-AND-PINEAPPLE COCKTAIL

1 cup orange-juice
⅓ cup lemon-juice
1 cup diced pineapple
Sugar
1 cup strawberries

Combine the orange- and lemon-juice sweetened to taste, keeping the mixture rather tart. Place on ice. Wash and drain the strawberries and hull them. At serving time cut the berries into halves (except six large ones), mix them with the pineapple, place in glasses and cover with the fruit-juice. One large, perfect berry set on a tiny circle of pineapple may decorate the top of each cocktail.

MIXED FRUIT COCKTAIL

6 large oranges
1 banana
2 slices pineapple
Juice of 1 lemon
Sugar

Slice off the tops of the oranges and scoop out the inside, being careful not to break the inside white skin of the orange-peel. Put the orange cups in a bowl of ice-water. Cut in small pieces the banana and pineapple, mix these with the orange pulp cut in small pieces and the lemon-juice, sweeten to taste, and then fill the orange shells. Set each one in a small bowl, filled with crushed ice. The mixed fruit pulp that remains after the orange skins have been filled may be kept in the refrigerator and served as sauce with ice-cream or used in any other way that circumstances suggest.

Fruit cocktails may be made from mixtures of almost any fruits, canned or fresh. As a rule, combinations of a sweet and a sour fruit are most piquant in flavor.

SOUPS

VEGETABLE SOUP

1 quart brown stock, cleared or not cleared
Salt
1 cup diced vegetables, raw or cooked
Pepper

If a clear soup is desired, follow the directions for clarifying soup stock and then add the vegetables. If the vegetables are already cooked, the soup needs to be boiled for only a few minutes. When raw vegetables are added, simmer until the vegetables are all tender, adding boiling water, if necessary, to replace any that may have evaporated. Season and serve.

CONSOMMÉ PRINCESSE

Standard consommé served with shreds or small dice of cooked chicken and green peas.

CONSOMMÉ À LA ROYALE

Standard consommé served with tiny blocks of royal custard.

CONSOMMÉ WITH VEGETABLES

Standard consommé served with carrots and turnips cut in fancy shapes, also with small pieces of French string-beans.

BAKED-BEAN SOUP

3 slices bacon
2 cups baked beans
4 cups cold water
1 tablespoon flour
1 tablespoon butter or butter substitute
Salt, pepper, paprika

Cook bacon. Add to beans. Add cold water and cook until beans are soft, then rub through a strainer. Place on the fire and add a little more water, if needed, as the soup must not be too thick. Bind with the flour and butter. Cook two or three minutes. Season with salt, a dash of pepper, and paprika.

CROUTONS

Cut stale bread into slices about one-third of an inch thick, and remove all crust. Spread with butter, cut in cubes and bake in the oven until delicately browned. If preferred, these cubes of bread may be fried in deep fat or sautéd in just enough fat to keep them from burning. Put in soup at time of serving, or pass in a separate dish, permitting each person to put as many croutons as he may wish in his portion of soup.

ONION SOUP GRATINEE

3 onions
3 tablespoons butter
3 pints beef stock
3 tablespoons grated cheese
Pepper and salt
⅛ clove garlic (if desired)
2 tablespoons chopped parsley
¼ loaf French bread

Slice onions and put them into a stew-pan with butter. Stir and fry slowly until softened and slightly browned. Add beef stock, boil ten minutes, skim, season, and add parsley and garlic. Cut the bread into thin slices, dry in the oven a few minutes, pour soup into a low earthen casserole, put bread on top, sprinkle with grated cheese, and set in a very hot oven just long enough to brown the cheese.

CREOLE SOUP

3 tablespoons green pepper chopped
2 tablespoons onion chopped
¼ cup savory fat
2 tablespoons flour
1 quart stock
1 pint tomatoes, fresh or canned
Salt and pepper
2 tablespoons grated horseradish
1 teaspoon vinegar

Cook chopped green pepper and chopped onion in savory fat for five minutes. Add flour, stock, tomatoes, and simmer fifteen minutes. Rub through sieve and season with salt and pepper. Just before serving add grated horseradish and vinegar.

HOW TO PREVENT SKIN ON CREAM SOUPS

If a cream soup or a milk soup is beaten just before serving, the froth protects it against skin formation.

If a small portion of whipped cream or beaten egg-white is served on top of each portion of cream soup, it aids in preventing

the skin formation as well as adds to the delicacy and attractiveness of the dish.

SIX SERVINGS OF STANDARD CREAM SOUP

4 cups milk or part milk and part stock
2 tablespoons flour
2 tablespoons fat
2 cups vegetable pulp or meat or fish pulp
Salt, pepper, other seasonings

1. Make a white sauce of the liquid, flour, and fat.

2. Cook the vegetables or meat or fish until tender, drain, and mash through a sieve.

3. Combine the vegetable, meat, or fish pulp with the white sauce.

4. Season, beat with an egg-beater, and serve. A tiny portion of whipped cream or beaten egg-white may be served on top of each portion.

The standard cream soup may be made somewhat thicker for purées and bisques.

MUSHROOM SOUP

¼ pound mushrooms (or skin and stems of ½ pound)
2 tablespoons butter
2 tablespoons flour
1 teaspoon salt
1 pint milk

Brush, wash and skin the mushrooms. Put the skins to simmer in a little water. Cut the mushroom caps and stems into very small pieces; add one pint of water and simmer until tender. Make a sauce of the fat, flour, salt and milk and add the water in which the mushroom caps, stems and skin were cooked. The soup is more delicious if the diced caps and stems are added.

OYSTER STEW

1 pint oysters
4 tablespoons butter
Salt, pepper, paprika
1 quart rich milk

Put cleaned oysters, strained oyster liquor, butter, and seasoning into a saucepan and simmer gently until oysters curl at the edges. Add the milk and bring quickly to the simmering-point. Serve very hot.

CLAM CHOWDER

50 clams
4 ounces salt pork
1 medium-sized onion
2 tablespoons flour
½ teaspoon salt
½ teaspoon thyme
3 potatoes
1 pint milk
½ teaspoon pepper
3 pilot biscuits

Put clams, with their own liquor, into a granite-ware saucepan, and when they have come to a boil skim out the clams and return liquid to the fire. Cut the salt pork into thin slices, chop the onion, and sauté the two together until brown. Stir in flour, and when mixture is bubbling slowly, add the clam liquor. Season with salt, white pepper, and thyme. Add potatoes which have been cut into small cubes, and cook this mixture until the potatoes are tender. Just before serving, add milk, clams cut into pieces, and three large pilot biscuit or a larger number of hard water-crackers, as preferred. If liked thicker, blend one tablespoon of butter or other fat with the same of flour, and add gradually.

To make Rhode Island clam chowder, add tomatoes, either canned or fresh.

CORN CHOWDER

2 slices fat salt pork
1 onion
3 cups diced boiled potatoes
Salt and pepper
2 cups boiling water
1 cup cooked corn, fresh or canned
4 cups hot milk

Cut the pork into small pieces and try it out. In this cook the sliced onion. Strain the fat into another receptacle, and put the potatoes into the strained fat. Add boiling water, corn which has been cooked till tender, and hot milk. Season with salt and white pepper, bring to the boiling-point, and serve with a cracker on each soup-plate.

CHEESE-STICKS

Cut stale bread in long, narrow strips, spread with butter or butter substitute and then with a thick coating of grated cheese. Place in the oven until brown. Crackers may be treated in a similar manner. These should be passed when the soup is served.

GARNISHES

Garnishes should be simple, appropriate, easy to prepare, but they should not be used to disguise deficiencies or poor qualities of any dish. Edible garnishes are more appropriate than those that are used merely for appearance. At least one-third of a dish should be left free of garnish. The garnish should be so placed that it does not interfere with the service. With a few exceptions, such as candied or maraschino cherries, sweet pickles or preserved whole currants, strawberries or cranberries, sweets are not used to garnish savory dishes. Toast or puff pastes should not, as a rule, be used on the same dish with potatoes.

GARNISHES FOR SOUPS

One of the simplest garnishes for soup is a tablespoon of salted whipped cream sprinkled with a dash of paprika or a little very finely chopped parsley.

Eggs are used as garnishes of soups in the form of a baked custard cut in fancy shapes, or as egg balls. The whole yolks poached in salted water just below the boiling-point may be used; one yolk is served with each plate of soup.

Noodles, tapioca, spaghetti or macaroni cut in fancy shapes make simple and attractive garnishes for soup.

Cooked vegetables cut in thin strips or in Julienne style or in fancy shapes or slices, are often used to add color, flavor and nutritive value to a soup. Soups may also be garnished with cubes of bread or puff paste buttered and browned in the oven or fried in deep fat.

GARNISHES FOR EGG DISHES

Eggs are usually served with toast in some form. They may be garnished with crisp slices of bacon and a spray of parsley or they may be served on a bed of chopped spinach, mashed potato or chopped meat. A sauce or purée is a very attractive garnish for poached eggs. Eggs are sometimes garnished with grated cheese or cooked egg-yolk put through a sieve.

GARNISHES FOR VEGETABLES

Mashed vegetables are sometimes garnished with bits of butter and a sprinkling of paprika or finely chopped parsley. Vegetables that are cooked and served whole are often covered with grated cheese and put in the oven long enough to brown the cheese. Slices of hard-cooked eggs or egg-yolk put through a sieve may be used as a garnish for spinach.

GARNISHES FOR MEAT, FISH, GAME AND POULTRY

Roasts of beef, lamb or mutton may be garnished with browned potatoes, croquettes of rice or potatoes, mashed potato cups filled with green peas or diced vegetables, or slices of carrot, parsnip or turnip sautéd or fried in deep fat or with boiled onions and sprays of parsley or cress.

Roast pork may be garnished with any of the above or with baked apple or sautéd apple rings filled with jelly.

Fried bananas make a suitable garnish for roast of mutton.

Chops and steaks may be served with a simple garnish of parsley or cress and a slice of lemon or in a border of French fried potatoes, Saratoga chips or lattice potatoes.

Creamed meat dishes may be served with triangles or rounds of toast, in borders of rice or mashed potato, in croustades of bread, in timbale cases or patty shells or in cups of rice or mashed potato.

Sausage, meat balls or chops are attractively arranged about a mound of rice, mashed potato, macaroni or spinach.

Roast or fried chicken may be served in a border of celery or of fried oysters or with a simple garnish of parsley or cress.

Roast duck is attractive with endive and slices of orange and olives or with rice cups filled with currant jelly; roast goose with broiled sausage, gooseberry sauce, apple or barberry jelly or cooked rings of apple; roast quail with squares of fried mush and cubes of currant jelly.

Fish steaks, broiled fish or baked fish are usually garnished with slices of lemon and parsley or cress. Slices of hard-cooked eggs are often used as a garnish for fish. Fat fish such as salmon may be garnished with slices of cucumber or of tomato or whole tomatoes stuffed. Fish may also be garnished with potatoes, peas, onions or tomato in any form.

Other garnishes that may be used to give color are olives, radishes, mushroom caps, small green pickles, strips of green pepper or pimiento.

GARNISHES FOR SALADS AND DESSERTS

The best and simplest frame for any salad is a bed of lettuce leaves or shredded lettuce, cabbage or cress. Many salads are made more attractive by a sprinkling of chopped nuts or capers, minced green pepper or red pimiento or a grating of cheese. A half of a nut-meat, two or three radishes cut to resemble roses, dates or prunes stuffed with nuts or cream cheese, olives whole or sliced, tiny new onions or sliced green pickles all add flavor and color.

One of the most attractive garnishes for desserts is sweetened whipped cream either plain, sprinkled with chopped nuts, cinnamon or preserved ginger or topped with a candied or maraschino cherry or a bit of jam or preserve for color. A substitute for whipped cream may be made from the whites of two eggs beaten stiff with the mashed pulp of one banana slowly added, seasoned with lemon-juice and sugar to taste.

Meringues also serve to garnish such desserts as pastries and puddings.

TRUFFLES

Truffles are tuberous underground vegetables that are raised principally in France. They are too expensive to be used in large quantity but are highly prized as a flavorful garnish for aspics, salads and sauces. Because of their black color they make an effective contrast to the pale or vivid colors of the more common foods.

BUTTERED CRUMS

Melt one to three tablespoons of butter, but do not brown it. Add one cup bread-crums, and mix with a fork until all the crums are covered.

BROWNED BREAD-CRUMS

Brown the melted fat, being careful not to scorch it. Add the crums and brown slowly, stirring constantly. Serve hot.

This is a convenient way to prepare crums when an oven is not available.

FISH

BAKED HALIBUT STEAK

2 pounds halibut steak
Butter or other fat
1 cup milk
Pepper and salt

Rub steaks well with butter or other fat, pepper and salt. Lay steaks in baking-pan and pour the milk over them. Baste often while cooking, until all the milk is used. Serve with mushroom sauce.

HALIBUT CREOLE (BAKED)

2 pounds halibut
2 cups stewed tomatoes
1 cup water
3 cloves
1 slice onion
2 tablespoons butter or other fat
1 tablespoon flour
Salt and pepper

Put the tomatoes, water, cloves and onion on the stove in a stew-pan to boil. Mix the butter or other fat and flour together, stir them into the sauce when it boils and add the salt and pepper. Cook ten minutes and strain into a bowl.

Pour boiling water into a deep plate to the depth of one-half inch, and lay the fish in it for one minute, skin side down; when the fish is removed from the water, the black skin can be taken off easily. Wash the fish in cold water, season with salt and pepper and lay it on the baking sheet in a dripping-pan, put sliced lemon on top, then pour half the tomato sauce around the fish and bake for thirty to forty-five minutes, basting three times with the remainder of the tomato sauce. Pour the sauce remaining in the bottom of the pan around the fish on the serving platter.

CREAM SCALLOPS

1 pint scallops, fresh or canned
1 pint thin white sauce

Wash and drain the scallops, add them to the sauce and cook about fifteen minutes in a double boiler.

FILLET OF FLOUNDER AU GRATIN

5 pounds flounder
2 tablespoons flour
3 tablespoons butter or other fat
1 cup fine bread-crums
1 bay-leaf
2 cups chicken stock
1 tablespoon lemon-juice
1 slice onion
Salt and pepper

Fillet and cut the fish into pieces about four inches long by three wide. Oil a baking or gratin dish and lay the fillets in it. Sprinkle salt and pepper over them and set in a cool place till needed.

Rub together flour and fat; add onion, bay-leaf, chicken stock, and salt and pepper as needed. Simmer gently twenty minutes and then add lemon-juice, strain the sauce and pour it over the fish. Season lightly with salt and pepper, sprinkle bread-crums over the sauce and fish. Bake twenty minutes in a hot oven and serve at once in the same dish.

SALMON PUFFS

2 cups cooked salmon, fresh or canned
Salt and pepper
½ cup soft bread-crums
1 tablespoon lemon-juice
3 eggs

Remove the skin and bones from the salmon, chop the meat fine, and add salt, white pepper or paprika, soft bread-crums, lemon-juice or vinegar, and well beaten eggs. Mix thoroughly, and pack in six or eight oiled cups, filling the cups even full. Set the cups at once in a pan containing hot water that comes to about an inch below their tops, and bake for one-half hour. If the oven is very hot, lay a sheet of thick paper over the cups. Turn out upon a hot platter, thrust a sprig of parsley or celery, or a clove, into the center of each puff, and pour about them any good fish sauce.

CODFISH À LA MODE

1 cup salt codfish
2 cups mashed potatoes
2 cups milk or cream
2 eggs
¼ cup butter or other fat
Pepper

Pick very fine and freshen salt codfish. Mix with mashed potatoes, milk or cream, well-beaten egg, butter or other fat and pepper. Bake in an earthen dish twenty or twenty-five minutes.

SCALLOPED CLAMS

18 opened clams
6 large clams in shell
White pepper
2 tablespoons minced celery
48 very small dice of fat bacon
4 tablespoons cracker-dust
2 tablespoons butter

Have the clams that are in the shell opened carefully, so as not to injure the shells, which are to be used in scalloping the clams. Clean the shells well with brush and water. Lay two clams in each half shell, dust with white pepper, and one-half teaspoon of minced celery, and add four of the bacon dice; cover with a very thin layer of cracker-dust, put a half teaspoon butter on top and bake in the oven until brown.

CREAMED LOBSTER

2 tablespoons butter
2 tablespoons flour
1 cup milk
1 teaspoon salt
1 teaspoon pepper
2 cups boiled or canned lobster

Make a white sauce with the fat, flour and milk. Add lobster cut into small pieces and salt and pepper. Some cooks add a teaspoon of curry-powder.

Sometimes this preparation is placed in greased or oiled scallop shells, sprinkled with fine seasoned bread or cracker-crums and browned in the oven.

SHRIMPS IN PEPPERS

2 cups cooked shrimps, fresh or canned
1 tablespoon butter
½ teaspoon mustard
Pepper
Nutmeg
Celery seed
1 egg
½ cup bread-crums
6 green peppers

Prepare shrimps as directed. Cut off the stem ends or tops of the peppers, and remove the seeds and veins, and soak the peppers in cold water for one-half hour. Cream the butter by heating and then also beat into it the seasonings and egg. Add the crums, mixing the ingredients well, and finally stirring in the shrimps. Drain the peppers and fill with the prepared stuffing. Set them in a pan, open side up, and bake in a hot oven for twenty minutes.

LITTLE PIGS IN BLANKETS

24 large oysters
24 very thin short slices fat bacon
Salt and pepper
Parsley

Season the oysters with salt and pepper. Wrap one oyster in each slice of bacon and fasten with a toothpick. Heat a saucepan and put in the little pigs; cook just long enough to crisp the bacon, about five minutes. Cut slices of toast into quarters and place one pig in its blanket on each small slice of toast. Serve immediately, garnished with parsley.

BAKED OYSTERS

30 oysters in the shell
Butter
Salt and pepper

Wash the oyster shells thoroughly by scrubbing with a brush. Place with the deep shell down in a baking-pan in a very hot oven, bake until the shells open, remove the upper shells, add a little butter, salt and pepper to each oyster, and serve in the undershells.

FISH THAT ARE GOOD BOILED

With Suggestions for Sauces and Garnishes

Fish	*Sauce*	*Garnish*
Codfish	Butter sauce, caper sauce, oyster sauce, shrimp sauce	Parsley or cress
Flounder	Béchamel sauce	Chopped parsley
Haddock	Egg sauce	Parsley or cress
Halibut	Béchamel sauce, creamy sauce, egg sauce, Hollandaise sauce	Parsley or cress
Mackerel	Caper sauce, parsley sauce	
Salmon	Egg sauce, Hollandaise sauce, Tartar sauce	Cress, lemon, parsley
Snapper (red)	Mushroom sauce, tomato sauce	Parsley
Sole (flounder)	Béchamel sauce	Parsley
Trout	Horseradish sauce	

FISH THAT MAY BE BROILED

With Suggestions for Sauces and Garnishes

Fish	*Sauce*	*Garnish*
Cod	Melted butter	Lemon
Flounder	Tomato sauce, lemon sauce	Parsley
Halibut	Butter sauce, Hollandaise sauce, oyster sauce	Parsley, lemon
Mackerel	Maître d'hôtel sauce, lemon sauce	Lemon, cucumber, parsley
Salmon	Anchovy sauce, caper sauce	Chopped parsley
Shad	Maître d'hôtel sauce, butter sauce	Parsley and radishes
Smelts	Rémoulade sauce, Béchamel sauce	

FISH THAT MAY BE BAKED WHOLE

With Suggestions for Stuffings, Sauces and Garnishes

Fish	*Stuffing*	*Sauce*	*Garnish*
Bass (sea)	Bread stuffing	Tomato sauce	Tomato and parsley
Bluefish	Bread stuffing	Tomato sauce	Parsley and lemon slices
Cod	Oyster stuffing	Oyster sauce	Lemon
Haddock	Pickle-caper	Drawn butter, egg sauce, Hollandaise sauce	Lemon and parsley
Mackerel	Pickle-caper		Lemon
Shad	Bread stuffing		Lemon, tomatoes
Whitefish	Bread stuffing	Egg sauce	Egg
	Pickle-caper	Hollandaise sauce	Lemon

MEAT

BRISKET WITH ONION SAUCE

3 pounds beef brisket
Soup greens
Cloves
Peppercorns
Salt
1 egg
Crums
½ cup green onions
2 tablespoons fat
2 tablespoons flour
1½ cups stock
1 tablespoon minced parsley

Wipe the meat with a damp cloth, and tie it into a compact shape with strips of cloth. Place it in a deep kettle with boiling water (or part of the stock, if possible). Add a bunch of soup greens, several cloves and peppercorns. Simmer until the meat is tender, add salt when partly cooked. Take the meat from the liquid, remove the cloth, and place meat in a shallow baking-dish. Beat one egg and spread over the beef, then sprinkle with coarse crums and brown under a flame or in a hot oven. Serve with onion sauce made as follows: Cut up the onions and brown them in the fat. Make a brown sauce of the fat, flour and stock. Add the parsley and serve.

OLD-FASHIONED BOILED DINNER

6 pounds corned-beef brisket
1 cabbage
3 white turnips
4 carrots
6 potatoes
6 beets
Vinegar

Put the meat into the pot over a brisk fire with enough cold water to cover it. Bring it rapidly just to the boiling-point, then remove the scum, set the pot back on the fire and simmer until tender (about three hours). About three-fourths of an hour before serving, skim the liquid free from fat. Put a portion of this liquor into another kettle with the cabbage which has been cleaned and cut into sections, the turnips, carrots and parsnips prepared and cut into uniform pieces, and boil until tender.

SAVORY BEEF

2 pounds beef, plate, shank, rump or round
3 large onions, sliced
3 tablespoons fat
3 tablespoons flour
1 teaspoon salt
¼ teaspoon black pepper
¼ teaspoon ground cloves and thyme or Summer savory
1 pint brown stock or boiling water and meat extract
2 tablespoons vinegar
1 tablespoon catchup

Brown the onions slowly in fat. Increase the heat. Cut meat into sizes desired for serving, add it to the onions, and brown. Mix the flour, pepper and other seasonings. Sprinkle this mixture over the meat. Add the stock, vinegar and catchup. Cover closely. Simmer until meat is tender, allowing at least two hours for shank or plate and one and one-half hour for rump or round.

POT ROAST

3 to 4 pounds chuck, round, rump or brisket
Flour
3 tablespoons fat, preferably from salt pork
1 cup sliced carrots
1 cup sliced onions
1 cup chopped celery
1 cup sliced turnips

If the meat is not in a solid piece, skewer or tie it into shape, wipe it with a damp cloth and roll it in flour. Heat the fat in a frying-pan or Dutch oven. Put in the meat and brown on all sides. If the frying-pan is used, transfer the meat, after it is brown, to a kettle deep enough to hold the beef and vegetables when the cover is on. Cover tightly and let simmer slowly for from four to five hours, turning twice. Add the vegetables at the end of four hours' cooking. After removing the meat and vegetables, thicken the gravy by adding one to two tablespoons of flour mixed with cold water for each cup of broth.

BEEFSTEAK PIE

2 pounds rump, flank or chuck steak
Pie paste
Chopped onion
Salt and pepper
Sliced potatoes
Butter
Flour
Egg

Cut the meat into strips two inches long by one inch wide. Put them with the bone, just cover them with water and simmer until partly done. Line a baking-dish with pie paste, put in a layer of meat with a little finely sliced onion, salt and pepper, next a layer of sliced potatoes, with a bit of butter on each slice. Alternate the steak and potato layers until the dish is full. Thicken the gravy with browned flour and pour in, put on a top crust, brush it with beaten egg and bake until quite brown.

BEEFSTEAK WITH OYSTERS

1 steak
1 quart oysters
1 tablespoon sifted flour
3 tablespoons butter

Set the oysters, with a very little of their juice, over the fire; when they come to a boil, remove any scum and stir in the butter, in which the sifted flour has been rubbed. Boil one minute, pour over the steak and serve at once.

PLANKED STEAK

1 steak 2 inches thick
Duchess potatoes
Various kinds of cooked vegetables
Butter
Chopped parsley
Salt
Paprika

Trim the fat and make outline of the steak even. Sear it on both sides on a hot griddle or pan, using no fat. Cook fifteen minutes, turning frequently. Oil a heated plank, place the steak on the plank, and arrange border of Duchess potatoes around it. Arrange other cooked vegetables, such as stuffed tomatoes or green peppers, small boiled onions, peas, string beans and cubes of carrot or turnip, around the steak, also, so that the board is entirely concealed. Place the plank in the oven until the potato border is browned and all the vegetables are heated through. After removing it from the oven, spread the steak with butter into which has been rubbed finely chopped parsley, salt and paprika. Send to table upon the plank.

BAKED HAMBURG STEAK

1½ pounds beef round
2 cups bread soaked in milk
1 small onion
1 tablespoon butter
2 eggs
4 hard-cooked eggs
1 cup tomatoes
½ cup sliced onion
Salt, pepper, ginger

Chop the meat fine. Add the bread, one minced onion, seasonings to taste and the two uncooked eggs, well beaten. Arrange the hard-cooked eggs end to end across the middle of the meat and roll the meat mixture around them. Place the roll in a baking-pan, pour over it a sauce composed of the tomatoes, sliced onions, butter and water, and bake, basting frequently with sauce. In serving, slice the roll crosswise. The hard-cooked eggs may be omitted.

BEEF LOAF

1½ pounds round steak
2 eggs
1½ cups bread-crums
2 tablespoons chopped parsley
½ teaspoon pepper
2 teaspoons salt

Chop the steak. Mix it thoroughly with the unbeaten eggs, bread-crums, chopped parsley, pepper and salt. Place in a bread-pan and press firmly until it is molded to the shape of the pan. Run a sharp thin knife-blade around the loaf, turn it out into a roasting-pan, place in a moderate oven and bake for about two hours, basting every quarter of an hour with hot stock. Cut in thin slices, and serve cold with horseradish. A hard-cooked egg may be molded in the center of the loaf to show prettily when sliced.

SCALLOPED CORNED BEEF

2 cups cooked corned beef cut into cubes
1 cup medium white sauce
Butter
1 stalk celery
2 slices onion
Bread-crums

Cook chopped celery and onions in the sauce. Put the corned-beef in a shallow baking-dish and add the sauce. Sprinkle with bread-crums moistened with melted butter. Brown in a hot oven.

CORNED-BEEF HASH

2 cups chopped corned beef
2 cups cooked potatoes
Salt and pepper
½ cup milk or water
2 tablespoons butter, or savory fat

Mix beef and potatoes together lightly and season. Pour the milk into a frying-pan with half the fat and, when this is warm, turn in the hash, spreading it evenly and placing the rest of the fat, cut in pieces, on the top. Cover the pan and place it where the hash will cook slowly for half an hour. There should then be a rich, thick crust on the bottom. Do not stir the hash. Fold it as an omelet is folded and place it on a warm platter. This slow process of heating the hash gives it a flavor that can not be obtained by hurried cooking.

VEAL CUTLETS WITH CREAM GRAVY

2 pounds veal cutlets
Salt and pepper
Egg
Bread or cracker-crums
Drippings
1 cup milk or cream
1 tablespoon flour

Wipe the cutlets, sprinkle with salt and pepper, dip them first in beaten egg and then in fine bread or cracker-crums, and sauté in drippings until brown. If preferred, they may be cut into small pieces of similar size and pounded with a rolling-pin until little more than a quarter of an inch in thickness and then egged and crummed and sautéd. The cutlets should be thoroughly browned on both sides. Place them on a platter, add cream to the gravy in the pan, and thicken slightly with flour rubbed to a smooth paste with a little cold water. They may be served with slices of bacon. Tomato sauce may be used instead of milk sauce.

VEAL COLLOPS

2 pounds veal
Egg
Cracker-crums
Salt and pepper

Cut the veal in pieces the size of an oyster, dip in beaten egg, roll in cracker-crums and season with salt and pepper. Fry in deep fat.

STUFFED BREAST OF VEAL

4 pounds breast of veal
1 cup bread-crums
2 slices fat salt pork
¼ teaspoon pepper
1 teaspoon sweet marjoram
1 teaspoon thyme
1 teaspoon salt

The butcher will prepare the veal for stuffing, if requested to do so. If he has not done so, make an incision between the ribs and the meat, to form a cavity. Fill this cavity with stuffing made from the bread-crums, pork, sweet marjoram, thyme, salt and pepper. Roast, following directions for roast veal.

MUTTON STEW

2 pounds neck, plate or shoulder of mutton
2 pounds potatoes
6 onions
Salt and pepper
3 to 4 cups hot water

Cut the mutton into small pieces and arrange in a stew-pan. Sprinkle with salt and pepper, and add the hot water. Cover closely and let the stew simmer for one hour, shaking the pan occasionally. Add the potatoes and onions, peeled and sliced, and cook another hour. Serve very hot. If desired, dumplings may be served with this stew.

ROAST LEG OF MUTTON

1 leg of mutton
Flour
Salt and pepper

Wipe the mutton with a damp cloth, remove the outside skin and excess of fat, sprinkle it with salt, pepper and flour, and place on a rack in a roasting-pan. Allow fifteen or twenty minutes to a pound for roasting. When the meat is done, remove it from the pan. Also remove all except one tablespoon of the fat. In this, brown two tablespoons flour, add one and one-half cups boiling water, and stir constantly until it thickens. Cook two minutes. Season to taste and strain. Serve as gravy.

ROAST SPARERIBS

Pork spareribs
Salt and pepper
Flour
Bread-crums
Powdered sage (may be omitted)
Minced onion
Butter, fat or cooking oil

Trim the ends of the ribs neatly, crack them across the middle, and sprinkle with salt and pepper. Cover the meat with greased paper and leave this paper on until the meat is half done; then remove the paper and dredge the meat with flour. In ten minutes, baste with butter, fat or cooking oil, and afterward baste every fifteen minutes with the gravy. This is a necessity, as this meat is very dry. Just before taking the pork from the oven, strew its surface with bread-crums mixed with the seasonings. Cook five minutes, and baste once more. Make the gravy as directed for roast leg of pork, strain, and pour it over the meat, or serve in a gravy-dish.

CROWN ROAST OF PORK

1 crown of pork
Cubes of salt pork
Mashed potatoes
Steamed apples
Salt and pepper
Cranberries

Select ribs of a young pig and have the butcher make a crown, like a crown roast of lamb or mutton. Cover the tip of each bone with salt pork. Roast as spareribs are roasted, and serve with mashed potatoes inside the crown and a border of bright red steamed apples as a garnish. The apples should be of uniform size and steamed, rather than baked, to preserve their color. Remove the cubes of salt pork and cap each bone with a large cranberry, or with a paper frill.

FRESH PORK WITH VEGETABLES

1 pound pork butt
4 large carrots
4 large parsnips
1 small red cabbage
Seasoning

Boil the piece of pork one and one-half hours. Cook the vegetables in the same kettle until they are soft, then remove them and finish cooking the meat. Cut the pork into thin slices. Arrange them side by side down the middle of a large platter, and make a border of the cabbage, quartered, and the other vegetables cut into lengths.

BAKED HAM

1 ham
Brown sugar
Soft bread-crums
1 teaspoon mustard
Whole cloves

Boil the ham whole, and skin it. Cut off some of the superfluous fat. Mix brown sugar and soft bread-crums, in the proportion of four parts sugar to one of crums, add one teaspoon mustard, and spread the mixture over the ham. Insert cloves about one inch apart, making a diamond pattern. Bake one-half hour, or until well glazed.

PREPARING SWEETBREADS

Sweetbreads should be plunged into cold water as soon as they are received, and soaked for one hour, then they should be parboiled in acidulated, salted water (one teaspoon salt and one tablespoon vinegar to one quart water) for twenty minutes. After draining they should be plunged into cold water again to make them firm. The little strings and membranes, which are easily detached after parboiling, should be removed.

FRIED SWEETBREADS

2 pairs sweetbreads
2 tablespoons flour
1 cup milk
Salt and pepper
Egg
Bread or cracker-crums

Prepare as directed and cut in even-sized slices. Sprinkle with salt and pepper, dip in beaten egg and crums and fry in deep fat. When well browned on both sides, place them on a platter. Make a sauce with two tablespoons of the fat in which the sweetbreads were fried, the flour and milk and season with salt and pepper.

Fried sweetbreads are often served with green peas, placed in a mound or a little hill in the center of the platter. Macaroni may be boiled very tender and laid on the platter and the sweetbreads placed in the center, the pipes of the macaroni being laid about them in the form of a nest.

CREAMED SWEETBREADS

2 pairs sweetbreads
4 tablespoons butter or other fat
4 tablespoons flour
1 teaspoon minced parsley
2 cups milk or cream
Salt and pepper

Prepare as directed and cut into dice. Make a white sauce with the fat, flour and milk or cream, add the sweetbreads, and stir steadily until very hot. Season with salt and pepper and minced parsley.

VIRGINIA BEEF TONGUE

1 beef tongue, fresh
1 cup brown sugar
1 cup stewed cranberries
¼ cup butter or fat
1 tablespoon whole cloves
½ lemon

Scrub the tongue and simmer it until tender, in water to cover. Remove the skin and trim the root end. Take one cup of the liquor in which the tongue was cooked and add the brown sugar, stewed cranberries, butter or other fat, cloves, and lemon, sliced. Simmer the tongue in this mixture for one-fourth hour. Place on a dish with the sauce, garnish with slices of lemon and sprigs of parsley, and serve.

Tongue may be jellied and served cold.

BROILED KIDNEYS

6 lamb's or 4 calf's kidneys
Cooking oil
Salt and pepper
Butter
Lemon
Parsley

Cut the kidneys into halves, remove the white tubes and fat and cover with cold water for thirty minutes. Drain and dry on a piece of cheese-cloth. Brush with, or dip into, cooking oil. Broil slowly until brown on both sides. Remove from the broiler and put in pan, sprinkle with salt, pepper and a little melted butter. Cover the pan and set over a slow fire for a few minutes. Serve garnished with slices of lemon and sprigs of parsley.

USING LEFT-OVERS OF MEAT

Almost any left-over meat or fish may be made into a palatable dish. In general, these are the rules to follow:

1. Trim off carefully all non-edible parts.
2. Cut or shape meat in pieces of uniform size. Do not wash.
3. Since the meat is already cooked, it should be protected from direct heat by sauce, crums, potatoes or the cereal which is used with it.
4. Sauces should be thoroughly cooked before adding meat to them.
5. Season left-over meat dishes rather highly. Sweet herbs, onions, celery salt, paprika, curry or tabasco may be used.
6. In general, when a sauce or gravy is used, take half as much sauce as the measure of meat and vegetable.

POULTRY AND GAME

ROAST CHICKEN

1 roasting chicken
Stuffing
Savory fat or olive oil
Salt and pepper
Flour

Wash, singe and draw the fowl, rub it with salt and pepper inside and out, and stuff the fowl. (Any stuffing may be used. Bread stuffing, chestnut stuffing and celery stuffing are particularly good.) Truss and tie the fowl. Grease it well with savory fat or olive oil, dredge with flour and place it on a trivet in a double roasting-pan in a hot oven (480° Fahrenheit), to sear quickly so that its juices may not escape during the roasting. After twenty or twenty-five minutes, when the skin is well seared, cover the pan, lessen the heat to 370° and cook until the breast is tender. If cooked in an open pan, as soon as the flour has been nicely browned, baste well, adding a little fat or water if necessary, repeating the basting every ten minutes. Allow about twenty minutes to a pound for roasting. Serve with giblet sauce.

CHICKEN, MARYLAND STYLE

1 chicken
2 tablespoons flour
Salt and pepper
1 cup milk or cream
½ cup butter or other fat

Clean and disjoint chicken, leaving the breast whole. Put the neck and giblets into cold water and cook so as to obtain a cup of stock for the gravy. Arrange the chicken in a pan, being careful that no piece touches another. Sprinkle with salt and pepper, dredge with flour, and dot over with half of the butter or other fat. Bake in a hot oven from thirty to forty minutes, basting frequently with one-fourth cup of butter melted in one-fourth cup of hot water.

When the chicken is done, make a gravy from the fat left in the pan, stirring in two tablespoons of flour, one cup of milk or cream and the cup of stock made from the giblets. If desired, add a few button mushrooms. Serve the chicken with the gravy poured around it.

SMOTHERED CHICKEN

2 small chickens or 1 large one
Salt and pepper
Flour
2 or more tablespoons butter or other fat

This is one of the most delicious ways of cooking chicken. Take off the neck and split the chicken down the back, wiping it with a damp towel. Season inside and out with salt and pepper, and dredge on all sides with flour. Lay the chicken, with the inside down, in a small baking-tin, and add a very little water. The pan should be very little larger than the chickens, otherwise the gravy will be too quickly evaporated. Cook slowly for one hour, basting every ten minutes after the first twenty minutes, or cook in a covered baking-pan.

Should the chicken be decidedly lacking in fat, add butter or other fat. There will be plenty of gravy in the pan with which to baste if the pan is small. When done, place the chicken on a hot platter, add enough water to make two cups gravy and thicken with two tablespoons flour. Should the chicken be quite fat, remove all but two tablespoons of the oil from the pan before making the gravy. Season with salt and pepper, pour it over the chicken and serve at once.

Any small birds may be dressed in this way with the most satisfactory results. The secret of success in this kind of roasting lies in very frequent basting and in not having too hot an oven.

CHICKEN POT-PIE

1 chicken
3 tablespoons flour
Salt and pepper
1 teaspoon salt
1 cup milk

Clean, singe and cut up the chicken, place it in a pot and nearly cover with water. Cover the pot and simmer gently. An old fowl will require at least three or four hours' slow cooking, but a year-old chicken should be done in one and one-half hours. Remove the cover during the last half-hour of cooking, to reduce the gravy to about one and one-half pints when done.

Three-fourths of an hour before time to serve, make dumplings, add to the chicken and cover. When the dumplings are done and ready to serve, add salt and pepper to the chicken and make the gravy by adding to the liquor in the kettle three table-

spoons of flour stirred to a paste in one cup of milk. Skim out the chicken, lay it on a platter, place the dumplings on the top and pour over them the gravy.

FRICASSEED CHICKEN

1 chicken
2 tablespoons butter or other fat
2 cups chicken stock
2 tablespoons flour
1 cup milk or cream
1 egg-yolk
Salt and pepper
Herbs
Salt pork
Rice or dumplings

Singe, clean and cut up the chicken. Brown in a pan with the butter, drippings or chicken fat. Cover with boiling water, add salt, pepper, herbs and a few slices of salt pork. Simmer until tender (about an hour), strain and thicken one pint of the liquor with the flour mixed to a smooth paste with a little cold water; add the milk or cream beaten with the yolk of the egg. Heat again until slightly thickened, pour over the chicken and serve with rice or dumplings.

ROAST TURKEY

Follow directions for roast chicken. An eight-pound turkey should be allowed three hours in a moderate oven (350-480° F.). It may be dredged with flour a second time about one hour before it is to be served. Serve with giblet sauce.

ROAST GOOSE WITH POTATO STUFFING

1 goose (about 8 pounds)
Potato stuffing
Salt pork if goose is not fat
Salt and pepper
Flour

Select a goose that is about four months old; an old goose is better braized than roasted. Singe the goose, wash it carefully in hot water, and wipe it dry before drawing it. Flatten the breast-bone by striking it with a rolling-pin. Partly fill the goose with potato stuffing, stitch up the openings and truss it. If it is not fat, lay thin slices of pork upon the breast, but if the goose has considerable fat, omit the pork. Bake in a hot oven (400-480° F.) for forty-five minutes, remove it from the oven, pour out all the fat, sprinkle the bird all over with salt and pepper, dredge with flour, and return it to the oven.

When the flour is a good brown, pour one cup of hot water into the pan and baste the goose often, dredging it each time with a slight sifting of flour to absorb the fat. Allow eighteen minutes to the pound for a young goose and twenty-five for one that is old. Remove the goose from the pan, add a cup of hot water to the gravy and thicken it, if necessary, with browned flour. Garnish the goose with parsley and serve with giblet gravy.

Apple sauce is often served with roast goose.

Goslings may be roasted in the same way, allowing, however, only fifteen minutes to the pound for cooking.

ROAST GOOSE WITH BAKED APPLE

1 eight-pound goose
2 cups bread-crums
1 chopped onion
2 tablespoons fat
3 sweet potatoes
¼ teaspoon sage
1 teaspoon salt
Pinch of pepper
6 to 8 apples
¼ cup brown sugar

Cook the giblets until tender, chop and add to stuffing made by mixing bread-crums, onion, fat, sage, salt and pepper. After cleaning and washing the goose thoroughly, stuff, and sew the neck and back. Roast very slowly (350-400° F.), about three hours. Wash and core six to eight apples; sprinkle with sugar, stuff with mashed and seasoned sweet potato. Bake until tender and serve hot with the goose.

ROAST DUCK

Epicures prefer young ducks, cooked rare, and when so prepared they are not stuffed. Should filling be preferred, use potato stuffing, putting it in very hot. Some people consider that ducks have a strong flavor, and to absorb this flavor lay cored and quartered apples inside the body. These apples are removed before the duck is sent to the table. Celery and onions also may be placed inside the duck to season it and improve the flavor, two tablespoons of chopped onion being used to every cup of chopped celery, which may consist of the green stalks that are not desired for the table. This stuffing is also removed from the bird before it is sent to the table.

Truss the duck, sprinkle it with salt, pepper and flour, and roast in a very hot oven (400-480° F.) fifteen to thirty minutes,

provided the duck is young and is desired rare. Full-grown domestic ducks should be roasted at least one hour in an oven only moderately hot and should be basted every ten minutes. Serve with giblet gravy and apple sauce or grape or currant jelly. Green peas should also be served with roast duck.

ROAST LEG OF VENISON

Leg of venison
Fat salt pork
Salt and pepper
¼ cup butter or oil
Flour

Wipe carefully, and draw off the dry skin. Lard the lean side of the leg with strips of the pork, then soften the butter, use oil, and rub it over the meat, and dredge with salt, pepper and flour. Lay the leg on the rack in a baking-pan, sprinkle the bottom of the pan with flour, place it in a very hot oven (450° F.) and watch carefully until the flour in the pan is browned, which should be in five minutes. Add boiling water to cover the bottom of the pan. Baste the venison well every fifteen minutes, until the meat is done, renewing the water in the pan as often as necessary. If a double roasting-pan is used, basting is not necessary.

Should the meat be liked very rare, allow one and one-quarter hour of cooking for a ten-pound roast; most tastes require at least twenty-five minutes longer than that. Serve with a gravy made from the juices in the bottom of the pan. Always serve a tart jelly like currant jelly or wild grape or plum jelly with venison.

BROILED VENISON STEAK

Venison steak
Salt and paprika
Butter
Currant jelly
Possibly olive oil and lemon-juice

This requires about three minutes more time for broiling than beefsteak. If strong, marinate in olive oil and lemon-juice for two hours before cooking. Drain without wiping, and broil over clear, hot coals, turning often to avoid scorching. Serve on a very hot platter, sprinkle with salt and paprika and spread both sides with a mixture of butter and currant jelly, allowing half as much jelly as fat.

STUFFINGS FOR FISH, MEAT, POULTRY AND GAME

BREAD STUFFING—No. 1

1½ cups bread-crums
1 teaspoon salt
¼ teaspoon pepper
½ cup milk
1 tablespoon chopped onion
1 tablespoon butter

Add the seasonings and butter to the crums and beat in the milk last.

BREAD STUFFING—No. 2

1½ cups bread-crums
3 tablespoons butter or other fat
1 tablespoon chopped onion
1 teaspoon powdered sage
1 teaspoon salt
¼ teaspoon pepper

Rub the fat into the crums, then add the seasonings.

POTATO STUFFING

2 cups hot mashed potato
1 cup bread-crums
½ teaspoon pepper
½ tablespoon salt
1 teaspoon sage
4 tablespoons melted butter or other fat
2 tablespoons onion-juice

Mix the ingredients in the order given.

CELERY STUFFING

½ bunch celery
2 tablespoons butter or other fat
2 eggs
1 quart stale but not dry bread-crums
2 tablespoons salt
½ teaspoon pepper

Chop the celery fine. Melt the butter or other fat, add the crums and mix well. Add the celery, salt and pepper and the eggs slightly beaten.

OYSTER STUFFING

1 pint oysters
1 teaspoon salt
¼ teaspoon pepper
2 cups dry bread-crums
¼ cup butter or other fat

Mix the oysters well with the bread-crums and seasoning, and add melted butter or other fat.

SAUSAGE STUFFING

½ pound sausage-meat
2 cups dried bread-crums
Salt and pepper
1 tablespoon onion-juice
1 tablespoon minced parsley

Mix sausage and crums, then add seasonings.

MUSHROOM STUFFING

3 cups stale bread-crums
6 tablespoons butter or other fat
½ cup chopped mushrooms
2 teaspoons salt
½ teaspoon powdered thyme
1 teaspoon minced parsley

Mix ingredients in the order given.

CHESTNUT STUFFING

1 quart chestnuts
¼ cup bread-crums
2 tablespoons butter or other fat
2 tablespoons cream
Salt and pepper
Onion-juice, if desired

Shell and blanch the chestnuts and cook in boiling water until tender. While they are still hot, rub them through a coarse sieve or colander. Add other ingredients in order given.

SAUCES FOR FISH, MEAT, POULTRY AND GAME

WHITE SAUCE AND BROWN SAUCE

Equal parts of fat and flour make the best roux for thickening sauces. If much more fat than flour is used, the fat rises to the top of the mixture; if less flour than fat is used, the paste may burn. Therefore, if less fat than flour is required, it is better not to make it into a roux but to use another method of thickening the sauce. If more fat than flour is required in the sauce, it should be beaten in in small pieces after the liquid is added and just before the sauce is served.

The American method of making roux is to melt the butter, add the flour and cook only until the mixture bubbles before adding the liquid. This saves time, but at the expense of the flavor of the sauce. The French method is to melt the fat, add the flour and cook with constant stirring for five minutes, to remove the raw taste of the flour.

For a brown roux, the basis of brown sauces, the butter is melted and allowed to brown before the flour is added. After the addition of the flour, it is allowed to cook until the flour, too, is brown. This long cooking is the secret of a successful brown sauce.

All sauces thickened with flour or corn-starch should be cooked for at least fifteen minutes; an hour or longer improves the flavor. The seasonings should be added just before the sauce is served.

THIN WHITE SAUCE

1 tablespoon flour
1 teaspoon to 1 tablespoon fat
1 cup milk
¼ teaspoon salt
⅛ teaspoon pepper

MEDIUM WHITE SAUCE

2 to 3 tablespoons flour
1 to 3 tablespoons fat
1 cup milk
¼ teaspoon salt
⅛ teaspoon pepper

THICK WHITE SAUCE

4 to 5 tablespoons flour
1 to 5 tablespoons fat
1 cup milk
¼ teaspoon salt
⅛ teaspoon pepper

VELOUTÉ SAUCE

Substitute one cup of well-seasoned white stock for the milk in thin or medium white sauce.

POULETTE SAUCE

1 cup Velouté sauce
2 egg-yolks
1 cup cream

Slowly add, with constant stirring, the Velouté to the egg-yolks, beat in the cream and reheat over hot water. Beat well and serve at once. It is improved by adding a little at a time, one tablespoon butter, the juice of half a lemon, a tablespoon of chopped parsley and a dash of nutmeg.

PERSILLADE SAUCE (PARSLEY SAUCE)

2 to 4 tablespoons chopped parsley
1 cup medium or thin white sauce

Add parsley to white sauce.

CELERY SAUCE

½ cup chopped cooked celery
1 cup medium white sauce

Add celery to white sauce. Serve with boiled fowls.

CHEESE SAUCE

2 to 4 ounces cheese
Mustard and paprika
1 cup medium or thin white sauce

Put the cheese through a food-chopper. Mix with the white sauce. Set over hot water and stir until the cheese is thoroughly blended with the sauce. Season with mustard and paprika.

EGG SAUCE

1 chopped hard-cooked egg
1 cup medium white sauce

Combine the two ingredients.

OYSTER SAUCE

1 pint small oysters
1 cup medium white sauce seasoned

Heat the oysters in their own liquor to boiling-point. Remove them from the fire after they have boiled one-half minute, skim them, and combine with the white sauce.

TOMATO SAUCE

1 quart fresh or canned tomatoes
1 slice onion
8 cloves
3 tablespoons butter
3 tablespoons flour
Salt and pepper

Set the tomatoes, onion and cloves on the fire and cook for twenty minutes. Brown the fat in a frying-pan, add the flour, and cook until smooth and brown, stirring constantly. Add the tomatoes.

SAUCE PIQUANTE

2 tablespoons butter or other fat
2 onions
2 carrots
2 shallots
Thyme
1 bunch parsley
2 cloves
1 clove of garlic
2 tablespoons flour
1 cup beef or veal stock
½ cup vinegar
Salt and pepper

Melt butter or other fat, slice into it onions, carrots and shallots. Add a little thyme, minced parsley, cloves and clove of garlic. Let this mixture cook until the carrot is soft, then add flour. Let it cook for five minutes more, and add beef or veal stock and vinegar, skim, and strain through a sieve. Add salt and pepper when boiling.

HORSERADISH SAUCE

¼ cup heavy cream
3 tablespoons grated horseradish
¼ teaspoon salt
Sprinkle cayenne or pepper
1 tablespoon vinegar

Whip the cream until stiff. Gradually beat in mixture of other ingredients. Serve on baked ham.

GIBLET GRAVY

Giblets and neck of fowl
2 tablespoons chicken fat
2 tablespoons flour
Salt and pepper

Place the giblets (liver, heart and gizzard) and the neck in a saucepan, and cover them with cold water. Simmer slowly and when tender remove meat from the neck, and chop fine with the giblets, saving the water in which they were cooked. Heat the fat on top of the stove and when it is hot, stir in the flour. Cook two minutes, then add one cup of the stock left from cooking the giblets, pouring it in gradually so as not to thin the gravy too much. If the gravy seems too thick, add a little hot water. Lastly, put in the chopped giblets, and season to taste with salt and pepper.

DRAWN-BUTTER SAUCE

⅓ cup butter
4 tablespoons flour
1 pint boiling water
¼ teaspoon salt

Make a roux of four tablespoons of the butter and all of the flour. Gradually add the boiling water, stirring constantly over hot water, until the sauce comes to the boiling-point. Simmer until it is thick and smooth. When ready to serve, add salt and the remaining butter in small bits, beating constantly.

MAÎTRE D'HÔTEL SAUCE

2 cups drawn-butter sauce
1 tablespoon lemon-juice
1 tablespoon chopped parsley
2 egg-yolks
Salt and pepper

Add the lemon-juice and chopped parsley to the drawn-butter sauce. Let it cool slightly, add the beaten yolks and season with salt and pepper. Do not permit the sauce to boil after the addition of the egg-yolk.

CURRANT JELLY SAUCE

1 onion
1 tablespoon butter
1 tablespoon flour
½ cup currant jelly
1 stalk celery
1 bay-leaf
2 tablespoons vinegar
2 cups stock

Slice the onion and cook in the butter till it begins to color, then add the flour and herbs and stir until brown. Add the vinegar

and the stock and simmer twenty minutes. Strain, skim off all the fat, put in the jelly and stir it until it is melted. This sauce is used with game.

MUSHROOM SAUCE

4 tablespoons butter or other fat
4 tablespoons flour
2 cups stock
1 cup mushrooms, fresh or canned
Salt and pepper

Make a brown sauce of the fat, flour and stock. Add one cup mushrooms and cook until hot. If mushrooms are not very gently treated, they will become tough. Too much cooking ruins them, three or four minutes being quite sufficient for those that have been canned and five or six for fresh ones.

This sauce is used with any kind of roasted, broiled or braized meat, particularly with beef.

OLIVE SAUCE

2 dozen olives
2 tablespoons salad oil
1 slice onion
1 lemon
2 tablespoons flour
1 pint stock
Salt and pepper

Place the olives in an earthenware bowl, cover with hot water and let them remain for half an hour to draw out the brine. Place the oil in a frying-pan, and add the onion; when this commences to color, add the flour. Stir until smooth. After it has cooked for two minutes, add the stock, and place where it will simmer gently. Pare the olives round and round as though paring an apple, leaving the pulp in a single strip. If this is done carefully, the olives will retain their shape. Place the olives in the sauce, add the seasoning, the juice of the lemon and simmer for twenty minutes. Skim carefully and serve.

HOLLANDAISE SAUCE

½ cup butter
Yolks of 3 eggs
Juice of ½ lemon
1 teaspoon salt
¼ teaspoon pepper
½ cup boiling water

This is one of the best sauces for fish. Beat the butter to a cream with a silver spoon, add the yolks of the eggs, one at a time, and beat well, then add the lemon-juice, salt and pepper.

About five minutes before serving, add the boiling water, a little at a time, stirring well. Place the bowl in a saucepan of boiling water, and stir rapidly until the sauce thickens like boiled custard.

TARTAR SAUCE

1 cup mayonnaise dressing
1 teaspoon onion-juice
1 tablespoon capers
1 tablespoon chopped cucumber pickle

Make the mayonnaise rather more sour and with a little more mustard than for salad, and mix into it the capers, pickle and onion-juice. Set on the ice until needed. This sauce should be quite thick when served.

MINT SAUCE

1 tablespoon powdered sugar
½ cup vinegar
¼ cup finely chopped mint leaves

Dissolve sugar in vinegar. Pour this over finely chopped mint leaves and stand for one-half hour on back of a stove to infuse. If vinegar is very strong, dilute with water.

PARSLEY BUTTER

3 tablespoons butter
1 tablespoon lemon-juice
1 tablespoon chopped parsley
½ teaspoon salt
⅛ teaspoon pepper

Cream butter and then add lemon-juice, chopped parsley, salt and pepper. This may be used to spread on fried or boiled fish or over potato balls. When intended for the latter, one-half tablespoon of lemon-juice will be enough.

JELLY SAUCE

1 glass currant or grape jelly
1 level teaspoon dry mustard
1 teaspoon salt

Turn the currant or grape jelly out into a deep plate and beat it to a foam. Then add dry mustard and salt and beat again thoroughly.

ENTRÉES AND MADE-OVER DISHES

PATTY CASES

Roll puff-paste to the thickness of one-half inch, and shape into circles two and one-half to three inches in diameter, with a cooky-cutter. Remove centers from one-half of these circles, using a smaller cutter. Brush the edges of the uncut circles with water, and fit on to them the rings, forming a little wall and leaving a cavity in the center. Chill thoroughly before baking in a hot oven. These shells may be prepared the day before and reheated when needed. The small centers removed from the puff-paste circles should also be baked and used as lids to the patties when finished.

BOUCHÉES

Small pastry shells or cases filled with creamed meat or game are called bouchées, and are much in vogue for entrées. They provide an excellent way of utilizing left-overs of chicken, sweetbreads, fish. Paper cases, bought at the confectioner's, may be used instead of the pastry shells.

TIMBALE CASES

1 teaspoon sugar
½ teaspoon salt
¾ cup flour
1 egg
1 tablespoon oil
½ cup milk
Fat for frying

Mix sugar, salt and sifted flour. Add the well-beaten egg, oil and milk. Beat with an egg-beater until perfectly smooth, then strain. This should be made an hour before it is needed and set aside in a cool place to lose the air which has been beaten into it. Pour into a cup that is deep enough to allow the timbale iron to be lowered into it to the required depth without touching the bottom.

Have ready a kettle of fat, place the iron in it and heat until the fat is hot enough to brown a piece of bread while counting forty. The fat should be deep enough to more than cover the mold end of the iron. When the iron is heated, take out, remove surplus fat, using crumpled tissue-paper, and lower into batter until iron is covered to not more than three-fourths of its height. This is necessary to allow for the rise of the batter in cooking. If only a thin layer of the batter adheres to the mold, dip it into the batter again until there is a smooth layer of the partly cooked batter. Plunge quickly into hot fat and cook for about twelve seconds.

When properly cooked, the timbale case should slip easily from the mold. Place the finished case on absorbent paper to drain and continue the operation until the required number are made. A fluted timbale iron is easier to work with, as the case does not slip off until thoroughly cooked. If the cases are not crisp, the batter is too thick and should be diluted with milk. These cases may be used with great variety. They may be filled with a choice creamed vegetable, or with creamed oysters, chicken or sweetbreads, or they may be filled with fresh or cooked fruit topped with whipped cream or powdered sugar, and served as a sweet course.

POTATO BORDER

9 medium-sized potatoes
2 tablespoons butter
½ cup hot milk
1 tablespoon salt
2 eggs

Wash the potatoes, boil, drain, dry off and put through the ricer. Add butter, hot milk, salt and the well-beaten yolks of the eggs. Beat till very light. Pack into a border mold rubbed with butter, and let it stand away from the heat for eight minutes. Beat the whites of the two eggs to a froth and add one-fourth teaspoon of salt, turn the border on a warm platter, cover it with the beaten white, and brown in a moderate oven. Put meat or fish, heated in sauce, in the center.

RISSOLES

These are practically little turnovers, filled with a highly seasoned mixture of chopped chicken and ham or other delicate meat moistened with white sauce. Roll puff-paste very thin and cut in circles. Place a teaspoon of the mixture in the center of

each circle, moisten half the circumference with cold water, and fold the other half over, pressing the edges closely together. Dip in slightly beaten egg mixed with a tablespoon of water. Fry in deep fat, and drain thoroughly.

CHICKEN PATTIES

For the filling, use equal quantities of button mushrooms and diced, cooked chicken mixed with one-half the quantity of medium white sauce. Heat thoroughly and put into the cases.

CLAM PATTIES

Fill patties with creamed clams.

LOBSTER PATTIES

Follow directions for the filling of chicken patties, substituting lobster for chicken.

SWEETBREAD PATTIES

Follow directions for the filling of chicken patties, substituting prepared sweetbreads for chicken.

MINCED CHICKEN WITH MUSHROOMS

2 cups cooked chicken, fresh or canned
1 cup mushrooms
½ cup milk
½ teaspoon salt
1 tablespoon butter
1 tablespoon flour
¼ teaspoon pepper

Chop chicken moderately fine. Cut mushrooms into small pieces, boil them in their own liquor for five minutes, then skim them out and set aside to keep hot. Combine mushroom liquor and milk, make a white sauce with this liquid and the fat rubbed with the flour. Add mushrooms and chopped chicken, and cook three minutes, stirring continually. Add seasonings and serve on toast.

CREAMED SWEETBREADS

1 pair sweetbreads
1 tablespoon butter
1 tablespoon flour
1 cup milk or cream
Salt and pepper
1 tablespoon parsley

Prepare the sweetbreads and break them into small pieces. Make a white sauce, add the sweetbreads, and as soon as they are heated, season. Serve in pastry shells or on toast.

SWEETBREAD AND OYSTER PIE

1 pair sweetbreads
2 dozen oysters
1 tablespoon butter
1 tablespoon flour
1 cup cream or milk
2 egg-yolks, hard cooked
Pepper and salt
Puff or plain pie-paste

Prepare sweetbreads. Make a white sauce with fat, flour, cream or milk, and add the egg-yolks, chopped very fine. Add sweetbreads and prepared oysters to the sauce. Season, put in a deep baking-dish, cover with a layer of paste, and bake.

PREPARING PEPPERS FOR STUFFING

Cut off the tops of the peppers or cut them in two lengthwise, and remove the inner fibers and seeds. Drop into boiling water, remove from the fire, let stand ten to twelve minutes, then drain.

PEPPERS WITH MEAT STUFFING

6 green peppers
1 cup cooked meat, chopped fine
½ cup bread- or cracker-crums
Milk or cream

Prepare peppers as directed. Mix the meat with the bread or cracker-crums and moisten with a little milk or cream. Be sure that it is rather highly seasoned. (The potted meats that come in cans are excellent for this purpose.) Fill the peppers with the mixture and serve at once or cover with buttered crums and brown in the oven.

PEPPERS WITH CHEESE STUFFING

6 green peppers
1 cup crums
½ cup chopped cheese
1 tablespoon melted butter
Salt

Prepare peppers as directed. Mix the crums with the cheese. Then add the butter and salt to taste. Fill the peppers with the mixture and serve with the meat course.

SWEETBREADS IN PEPPER CASES

1 cup cooked sweetbreads
6 peppers
2 tablespoons butter
2 tablespoons flour
Crums
½ cup brown or white stock (preferably chicken)
2 tablespoons cream
½ cup button mushrooms
Worcestershire sauce
Salt, pepper and paprika

Prepare the sweetbreads. Melt fat, add flour, salt and pepper. Mix smooth, add stock and cream. Cook until thick. Stir in the sweetbreads and mushrooms cut into small pieces and the seasoning. Fill prepared peppers, cover with buttered crums and bake. Mushroom sauce may be poured around the peppers.

SALMON CROQUETTES

1¾ cups cooked salmon, fresh or canned
2 tablespoons butter
⅓ cup flour
1 cup milk
Salt and pepper
Cayenne
1 teaspoon lemon-juice
Egg and crums

Make a white sauce with the fat, flour and milk. Add salt, a little white pepper, and a few grains of cayenne. To this cream foundation add cold flaked salmon and lemon-juice. Spread on a plate to cool. Shape, dip in fine crums, roll in egg and again in crums and fry in deep fat.

SURPRISE CROQUETTES

2 cups mashed potatoes
4 tablespoons cream
1 teaspoon onion-juice
2 egg-yolks
1 egg-white
Salt and pepper
Cooked meat, cheese or vegetable
Crums and flour

To the mashed potato add cream or rich milk, onion-juice and salt and pepper to taste. Beat over the fire until smooth and hot. Remove, slightly cool, and add the beaten egg-yolks. Form into cylinders, or cone shapes; make a depression in each, and into this put a teaspoon of creamed chicken, minced highly seasoned meat, grated cheese, or a vegetable in cream sauce. Press the potato around the filling. Beat the egg-white slightly, dilute with a tablespoon of water, roll the croquettes in flour, egg and then in seasoned bread-crums, and fry in deep fat.

CHEESE CROQUETTES

3 tablespoons fat
3 tablespoons flour
⅔ cup milk
2 egg-yolks
1 cup cubes fresh mild cheese
½ cup grated Parmesan or Gruyère cheese
Paprika
Salt
Egg and crums

Make a thick white sauce with the fat, flour and milk. Add the yolks of eggs. Into this sauce stir the grated cheese, and, as soon as it melts, add the cheese cubes. Season with paprika and salt. Pour into a well-greased shallow pan to cool. When perfectly firm cut in any shape desired—circles, squares or strips—dip in fine crums, egg and again in crums. Fry in deep fat and drain on brown paper.

CHICKEN CROQUETTES

2 tablespoons butter
½ cup flour
1 cup milk
1¾ cups cooked fowl
Salt and pepper
¼ teaspoon celery salt
1 teaspoon lemon-juice
Few drops onion-juice
1 teaspoon chopped parsley
Egg and crums

Make a white sauce with the fat, flour and milk. Add fowl, seasoned with celery salt, lemon-juice, onion-juice, parsley, and salt and pepper. Cool, shape, dip in flour or fine crums, egg and crums, and fry in deep fat. White meat of fowl absorbs more sauce than dark meat.

HAM CROQUETTES

2 cups mashed potatoes
1 tablespoon butter or other fat
3 egg-yolks
Cayenne
1 cup cooked ham
Egg and crums

Mix potato, butter or other fat, yolks of two eggs and cayenne, beat until smooth, then set to cool. Chop the ham, mix with the other yolk, set on the stove for a moment, then turn out to cool. When thoroughly cool, take a tablespoon of the potato mixture, make a hole in it, put a large teaspoon of the chopped ham inside, close the hole and shape in a ball. Dip in flour, then in egg, roll in crums, and fry in deep fat.

CHEESE CUTLETS

1 ounce grated Parmesan cheese
3 egg-yolks
1 tablespoon cream
Mace
Salt
Cayenne
1 tablespoon thick white sauce

To the well-beaten egg-yolks, add cream and grated Parmesan cheese, and season with mace, cayenne and salt. Beat until very light and add the thick white sauce. Pour into a shallow greased pan and steam over hot water until firm. When cold, cut in shapes with a fancy cutter, dredge with grated cheese and fry in deep fat to a delicate brown. Serve at once on fried bread.

CHICKEN CUTLETS

2 cups cooked chicken
4 tablespoons chopped mushrooms
1 teaspoon salt
½ teaspoon pepper
1 teaspoon parsley
½ teaspoon onion-juice
1 tablespoon lemon-juice
2 tablespoons butter or other fat
1 tablespoon flour
1 cup milk or cream
4 eggs

Mix the chicken, mushrooms, salt, pepper, parsley and the onion and lemon-juice. Make a white sauce with the fat, flour and milk or cream. Add the chicken, and cook for three minutes. Stir in two of the eggs beaten until light. Take from the fire immediately, pour into a greased, flat dish and set in a cold place for an hour or so. The colder the mixture becomes, the better it may be handled. Shape into cutlets, either in molds or with a knife, and sprinkle both sides of each cutlet with fine crums. Beat the other two eggs in deep plates. Dip the cutlets in the egg, then in crums, put them in a frying-basket, not crowding them and cook in deep fat for two minutes. Serve with Béchamel or mushroom sauce.

SALMON CUTLETS

1 cup hot mashed potatoes
1 cup flaked salmon
Egg and crums
Salt and pepper
1 teaspoon lemon-juice

Add potato to salmon. Season with salt, pepper and lemon-juice. Shape into cutlets, egg and crum and fry in deep fat.

RICE FAN-TAN

½ cup rice
2 cups milk
½ teaspoon salt
2 tablespoons sugar
1 egg
½ cup candied fruits
Egg and crums
Powdered sugar

Cook rice in milk until very soft. Stir in salt, sugar and well-beaten egg, and remove at once from the fire. Mix in assorted candied fruits—cherries, apricots and pineapple—and turn into a shallow, well-oiled pan to cool. When firm, cut into strips about one and one-half inches wide and three inches long, dip in egg and bread-crums and brown delicately on both sides in butter or butter substitute. Drain, dust with powdered sugar and serve hot.

FRITTER BATTER

1½ cups flour
¼ teaspoon salt
2 teaspoons baking-powder
1 egg
⅔ cup milk
2 tablespoons powdered sugar (for sweet fritters only)

Sift dry ingredients, add egg, well beaten, and milk. The batter should be thick enough to completely coat the article it is intended to cover. If too thin, add more flour. If too thick, add more liquid.

APPLE FRITTERS

1 cup milk
2 eggs
1 teaspoon sugar
Salt
2 cups flour
1 tablespoon baking-powder
Apples

To the milk add the well-beaten egg-yolks and the sugar, then the flour mixed and sifted with the baking-powder and the salt. Then fold in the stiffly beaten whites. Add sliced sour apples, being careful to get the batter all over them. Drop by spoonfuls into deep fat and fry.

BANANA FRITTERS

6 bananas
2 tablespoons sugar
3 tablespoons orange-juice
Fritter batter

Peel bananas, cut each in two and split each half. Place the pieces in a bowl with sugar and orange-juice and let them stand for one hour. Drain the fruit, dip in batter and fry in deep fat.

CORN FRITTERS

2 cups corn, fresh or canned
1 teaspoon salt
⅛ teaspoon pepper
1 egg
1 teaspoon melted butter
½ cup milk
2 cups flour
1 teaspoon baking-powder

Chop the corn very fine and add salt, pepper, well-beaten egg, butter, milk, flour and baking-powder. Fry in deep fat.

CLAM FRITTERS

24 soft clams
2 cups flour
1 teaspoon baking-powder
½ teaspoon salt
1 cup milk
½ cup clam liquor
2 eggs
Salt and pepper

Make a batter of flour, baking-powder, salt, milk, clam liquor and well-beaten eggs. Chop two dozen soft clams, season with salt and pepper, add to the batter and drop by tablespoonfuls into deep fat.

RASPBERRY FRITTERS

3 eggs
½ cup water
1 cup flour
1 teaspoon baking-powder
1 teaspoon salt
2 cups raspberries

Add beaten egg-yolks and water to flour sifted with baking-powder and salt. Beat raspberries with egg-beater. Beat egg-whites to a stiff froth, fold into batter, then fold in the fruit. Drop by spoonfuls into deep fat. When golden brown, drain and dredge with powdered sugar.

MINCED HAM IN CIDER CUPS

1 cup boiled ham
3 hard-cooked eggs
½ teaspoon salt
Pepper
¼ teaspoon cayenne pepper
3 tablespoons lemon-juice
½ cup celery
½ package or two tablespoons gelatin
½ cup cold water
2 cups cider
½ cup sugar
1 cup whipped cream

Soak gelatin in cold water, and pour over it boiling cider to which the sugar and lemon have been added. Strain into border molds.

When firm, remove from the molds and fill with the mixture made of the other ingredients and serve immediately.

CHICKEN À LA KING

2 tablespoons fat
2 tablespoons flour
1 cup milk
1 cup cream
2 egg-yolks
1 green pepper, minced
1 cup quartered mushrooms
1 pimiento cut in narrow strips
2 cups cooked diced chicken
1 teaspoon salt
½ teaspoon pepper

Make a white sauce of the fat, flour, milk, cream, salt and pepper. Add the mushrooms, green pepper, pimiento and chicken. Cook until the meat is heated through. Just before serving stir in the egg-yolks, slightly beaten, and cook for a moment, stirring constantly. Serve at once on squares of hot toast.

VEGETARIAN DISHES

CHESTNUT CROQUETTES

2 cups hot mashed chestnuts
4 tablespoons butter or other fat
Salt and pepper
2 eggs
Few drops onion-juice or 2 tablespoons finely chopped onion
Egg and crums

Mix the chestnuts, butter, slightly beaten eggs and seasonings. Shape into croquettes. Roll in crums, beaten egg and crums. Fry in deep hot fat until crums are brown.

This offers an adequate protein, iron and a comparatively highly seasoned dish. The croquettes may be served with brown sauce or tomato sauce.

PEANUT-BUTTER CUTLETS

1½ cups peanut butter
1½ cups hot milk
6 half-inch slices of bread
1 teaspoon salt
Pepper

Mix peanut butter with hot milk and seasoning, mixing together thoroughly. Dip slices of bread into the peanut-butter mixture. Sauté in hot fat. Garnish with pickles and olives.

This dish offers both adequate protein and iron.

PEANUT SOUFFLÉ

1 tablespoon butter
6 tablespoons flour
¾ cup peanut butter
1½ teaspoons salt
Few drops lemon-juice
1½ cups scalded milk
4 eggs

Melt the butter and add the flour, peanut butter and seasoning. Cook for three minutes, stirring constantly. Add scalded milk, and continue cooking until the mixture reaches the boiling-point.

Remove from the fire, pour the hot mixture over the well-beaten egg-yolks, mixing them in well. Cool, and fold in the egg-whites that have been beaten until stiff and dry. When the ingredients are thoroughly combined, place in a baking-dish, set in a pan of water in a moderate oven (350° F.), and bake thirty minutes. Serve immediately.

This dish is a good luncheon dish but, because of its texture, should have something crisp or solid served with it.

MOCK SAUSAGE

1 cup dried Lima beans or 3 cups cooked beans of any kind
⅔ cup bread-crums
3 eggs
2 tablespoons butter
½ teaspoon sage
Salt and pepper

Pick over and wash beans, cover with water and let soak overnight. Drain, cook in boiling salted water until tender, then force through a strainer. Add remaining ingredients, shape into form of sausages, roll in crums, egg, and crums again. Sauté until brown. Serve with tomato sauce.

This recipe makes six to eight sausages, three inches long and three-fourths of an inch thick. It should be accompanied by some milk, egg or cheese dish.

BEAN ROAST

1 cup well-roasted shelled peanuts
2 cups well-seasoned mashed potatoes
2 cups cooked Lima beans, fresh or canned
¼ cup milk
1 egg
1 teaspoon salt
⅛ teaspoon paprika
1 teaspoon onion-juice

Grind the peanuts, using the finest blade of the food-chopper. In a well-oiled baking-dish place a layer of potatoes, a layer of beans and a layer of peanuts. Continue making layers until all the ingredients are used. Blend milk with well-beaten egg and seasoning and pour over the top. Bake in a moderate oven (350° F.) until brown. Serve with brown sauce or tomato sauce.

VEGETABLE LUNCHEON

1 pound kidney beans
1 cup diced carrot
1 green pepper
1 large onion
2 cups cooked tomatoes, fresh or canned
½ cup rice
½ dozen large mushrooms

Soak the beans in cold water overnight. Drain and cook in boiling water slowly for about four hours. A ham-bone or a piece of bacon cooked with them adds to the flavor. Drain, and add chopped carrots, pepper, thinly sliced onion and tomatoes. Simmer until tender. Boil rice separately in salted water, drain and add to the vegetables. (The rice water should be saved to use in soups or gravies.) Garnish with sautéd green peppers and mushrooms.

Serve with some milk, egg or cheese dish.

CELERY, NUT AND POTATO LOAF

2 large stalks celery
¾ cup chopped nuts
3 cups mashed potatoes
3 tablespoons fat
1 egg
1 teaspoon salt
⅛ teaspoon paprika
2 teaspoons grated onion

Wash, cut in small pieces and cook the celery in a small amount of boiling salted water until it is tender. Drain off liquid. (This may be used for soup stock later.) Then add the other ingredients in the order in which they are given. Combine them carefully, pack in a loaf in a well-oiled bread-pan, and bake in a moderate oven (350° F.) for thirty-five minutes. Serve with tomato sauce.

An adequate protein is needed as accompaniment to this dish.

NUT LOAF

2 cups soft bread-crums
1 cup milk
2 cups chopped nut-meats
2 eggs
1 teaspoon salt
1 teaspoon paprika

Soak bread-crums in milk, add nuts, slightly beaten eggs and seasonings. Turn into greased bread-pan, set in pan of water and bake forty minutes. Serve with tomato sauce. The loaf may be steamed instead of baked.

BOSTON ROAST

1½ cups dry kidney beans
3 tablespoons salt
1 to 2 cups grated cheese
2 tablespoons chopped onion
1 cup bread-crums
½ cup milk

Soak beans twenty-four hours. Cook until soft in water in which the salt has been dissolved. Drain, chop, add onion, cheese, crums, more salt if needed, and enough milk to moisten. Form into a loaf. Bake in a moderate oven (350° F.) for forty minutes. Baste occasionally with hot water and fat.

COTTAGE-CHEESE AND PEANUT LOAF

½ cup peanuts
1 cup cottage cheese
1 cup cold, cooked rolled oats
1 cup milk
1 egg, slightly beaten
1 tablespoon fat
½ teaspoon salt
Dash of pepper
1 teaspoon poultry seasoning
Few drops Worcestershire sauce
1 tablespoon chopped onion

Chop peanuts and add to other ingredients in order given. When thoroughly combined, place in a well-oiled bread-tin. Bake in a moderate oven (350° F.) until brown. Serve hot with tomato sauce.

NUT AND CHEESE LOAF

1 tablespoon chopped onion
1 tablespoon fat
1 cup grated cheese
1 cup chopped nuts
½ cup milk
1 cup cooked cereal
1 teaspoon salt
1 teaspoon sugar
¼ teaspoon paprika
1½ tablespoons lemon-juice
½ teaspoon Worcestershire sauce
Buttered crums

Cook onion in fat until delicately brown. Mix with all the other ingredients and moisten with milk. Cover with buttered crums and brown in oven. Serve hot with tomato sauce.

Serve with some crispy food, as celery.

EGG DISHES

EGG TOAST

6 slices toast
Butter
6 eggs
Salt and pepper

Moisten the edges of the toast with hot water and spread it with butter. Separate the yolks and whites of the eggs. Poach the yolks in salted water until soft cooked, and place one on each slice of toast, being careful not to break it. Beat the whites until very stiff, spread in circles around the yolks, season with salt and pepper, and brown in the oven. Serve hot.

EGGS IN BROWN BUTTER

6 eggs
3 tablespoons butter
Salt and pepper
1 teaspoon vinegar

Sauté the eggs in one tablespoon butter until set, season with salt and pepper, and place on a platter. Brown two tablespoons butter in the pan, add one teaspoon vinegar, and when hot, pour over the eggs.

BAKED EGGS, OR "EGGS SUR LE PLAT"

Use individual baking-dishes and melt one teaspoon of butter in each dish. Break the eggs into the dishes, allowing one or two eggs to a dish. Sprinkle with salt and pepper, and place a tiny piece of butter on each. Bake in a moderate oven (350° F.) until the eggs are set but not hard. Serve in the baking-dishes.

BAKED EGGS IN TOMATO SAUCE

12 tablespoons thick tomato soup
6 poached eggs
6 tablespoons grated cheese
Salt and pepper

Grease small ramekins and place two tablespoons tomato sauce in each. Lay a poached egg in each dish, cover with grated

cheese, season with salt and pepper, and bake in a quick oven (two or three minutes) to brown the cheese. The oven must be very hot, as the cheese should be nicely colored while the eggs are still soft and creamy.

EGGS IN BACON RINGS

6 long slices of bacon
6 eggs
Salt and pepper
Garnish of parsley

Curl slices of bacon around the inside of muffin-cups or small ramekins. Break an egg inside each bacon-ring, season with salt and pepper and bake until set, but not hard. Remove carefully from the dish so that the egg will remain fastened to the bacon. Arrange on a platter and garnish with parsley.

EGGS À LA SUISSE

6 eggs
2 tablespoons butter
½ to 1 cup grated cheese
1 cup cream
Salt
Cayenne

Spread the bottom of a baking-dish with butter. Sprinkle a layer of grated cheese over it and break the eggs on the cheese, being careful not to break the yolks. Pour a little cream over the eggs, then more grated cheese. Season with salt and cayenne, and bake in a moderate oven (350° F.) until the eggs are set, but not hard. Serve in the baking-dish.

BAKED EGGS ESPAGNOLE

6 eggs
3 tablespoons chopped onion
3 tablespoons chopped green pepper
4 tablespoons butter
¼ cup bread-crums
½ cup grated cheese

Fry onion and pepper in the butter until slightly brown, then pour into a baking-dish. Break the eggs into the dish, being careful not to break the yolks. Mix the crums with the cheese and sprinkle over the eggs. Bake in a moderate oven (350° F.) until the eggs are set, but not hard. Serve in the dish in which they were baked.

PLANKED EGGS

1 cup finely chopped cooked ham or corned beef
1 cup crums
Cream
6 poached eggs
Garnish of tomato slices
Green-pepper rings
1 quart mashed potato

Mix the meat with the crums and enough cream to make a paste. Spread the mixture on a heated plank of suitable size. Around the edge of the plank make a narrow border of mashed potato and inside the border make six nests of the potato. Slip a poached egg into each nest and set in the oven until the potato turns a delicate brown. Garnish with alternate slices of tomato and green-pepper rings.

BATTERED OR SCRAMBLED EGGS

In a frying-pan, place one tablespoon of butter for each egg to be used. Beat the eggs until the whites and yolks are well mixed. Season with salt and pepper and add one to three tablespoons of milk or cream for each egg. Pour into the hot fat and cook slowly, stirring constantly until the eggs are of the desired consistency. Serve at once. A little onion-juice or chopped parsley may be added to the eggs, if desired. Eggs cooked in this way in the top of a double boiler will be more creamy than those cooked in a frying-pan.

EGGS IN TOMATOES

1 small onion
2 cups tomato
1 teaspoon salt
¼ teaspoon pepper
6 eggs
Toast

Cut the onion into small pieces and place with the tomato in a shallow pan. Stew very slowly for ten minutes. Add salt and pepper, then reduce the heat until the tomato stops bubbling. Break the eggs and slip them on top of the tomato, being careful not to break the yolks. Cook slowly until the whites of the eggs are set, then prick the yolks and let them mingle with the tomato and the whites. The mixture should be quite soft, but the red tomatoes should be quite distinct. Serve at once on buttered toast.

CUBAN EGGS

6 eggs
¼ cup sausage meat
1 teaspoon chopped onion
½ teaspoon salt
Pepper

Cook the meat and onion together for five minutes. Beat the eggs until light, add the seasonings, and pour into the pan with the meat. Cook slowly, stirring constantly, until the eggs are thick and creamy. Serve with buttered toast or poured over slices of toast.

EGGS À LA CARACAS

1 tablespoon butter
¼ pound dried beef
1 tablespoon grated cheese
1 cup tomatoes
Salt and pepper
4 eggs
Onion-juice

Melt the butter in a frying-pan and, when hot, add the dried beef and cheese. Toss lightly until the beef is slightly frizzled, add the tomatoes, the seasonings, and the eggs beaten until light. Stir and cook gently until of a creamy consistency.

PLAIN PUFFY OMELET

4 eggs
4 tablespoons hot water
Salt and pepper
Butter

Beat the egg-whites until stiff. Beat the yolks until thick and lemon-colored, beat into them the hot water and add salt and pepper. Cut and fold together the yolks and stiffly beaten whites. Melt enough butter in an omelet-pan to grease the bottom and sides of the pan. Turn the egg mixture into the pan and cook over a slow fire until it is puffy and a light brown underneath, then place in the oven until the top is dry. Touch the top of the omelet lightly with the finger and if the egg does not stick to the finger the omelet is done. Do not overcook it or it will shrink or be tough.

Loosen the edges of the omelet, slip a spatula or flexible knife under the side next to the handle of the pan, fold one-half over the other and press slightly to make it stay in place, slip on to a hot plate and serve at once.

PLAIN FRENCH OMELET

6 eggs
2 tablespoons butter
Salt and pepper

Beat the eggs just enough to mix the whites and yolks, and add salt and pepper. Heat butter in an omelet-pan, pour a little of it into the beaten eggs and allow the remainder to get hot. Turn the eggs into the pan and as the mixture cooks on the bottom and sides, prick it with a fork so that the egg on top will penetrate the cooked surface, and run under the sides. The work must be done quickly and carefully so that the eggs are not all stirred up like scrambled eggs. While the eggs are still soft, but slightly thickened, fold over, let stand a few minutes to brown, and turn on to a hot dish.

VARIATIONS OF PLAIN OMELET

Variations of the plain puffy omelet or the plain French omelet may be made by adding any of the following ingredients to the omelet before it is put into the pan to cook, or by spreading one of them on top just before the omelet is folded. Allow one tablespoon of mixture to each two eggs used.

Fish—Use any cooked fish. Chop it fine, season with salt and pepper and moisten with a little cream. Spread on the omelet before folding.

Ham or other meat—Scatter finely chopped meat over the center of the omelet while it is cooking. The meat may be improved by browning in a small amount of fat before it is added.

Cheese or parsley—Prepare as for ham omelet.

Onion—Mix one tablespoon chopped onion and one teaspoon chopped parsley. Add to the omelet mixture before cooking.

Jelly—Spread any jelly or jam over the omelet just before folding.

OYSTER OMELET

12 oysters
½ tablespoon flour
2 tablespoons butter
1 cup cream
6 eggs
Salt and pepper

Chop the oysters. Make a sauce of the flour, butter and the cream. Add the well-beaten eggs, season with salt and pepper, stir in the oysters and cook as a plain omelet.

EGG TIMBALES

1 tablespoon butter
1 tablespoon flour
⅔ cup scalded milk
1 tablespoon chopped parsley
3 eggs
Salt and pepper
Cayenne
Celery salt

Make a white sauce of the butter, flour, and milk, and add the egg-yolks, slightly beaten. Add all the seasonings, then fold in the stiffly beaten egg-whites. Fill greased baking-dishes two-thirds full of the mixture. Set dishes in a pan of hot water and poach in a moderate oven (350° F.) until firm. Arrange on a platter and serve with tomato cream sauce.

PICNIC EGGS (DEVILED)

Mash the yolks of hard-cooked eggs, season with salt, pepper, butter, a little mustard and vinegar. Minced potted ham may be added, or the yolks may be mixed with mayonnaise dressing. Refill the whites with the mixture, press two halves together and wrap each egg in a square of oiled paper, the ends of which are twisted to keep the halves in place.

SAVORY EGGS

6 hot hard-cooked eggs
Salt and pepper
¼ cup hot cream
1 cup hot thin white sauce
Chopped parsley
Anchovy paste
6 slices hot buttered toast

Cut the eggs in two lengthwise and remove the yolks. Mash the yolks, add seasonings, cream, parsley, anchovy or any desired relish, and refill the whites. Place on slices of toast and pour the white sauce over them.

EGGS À LA GOLDENROD

6 hard-cooked eggs
2 cups thin white sauce
8 slices toast
Salt and pepper
Paprika

Separate the yolks from the whites of the eggs and chop the whites very fine. Add to the white sauce with salt, pepper, paprika. Arrange six slices of toast on a platter and pour over them the white sauce mixture. Press the egg-yolks through a

sieve and scatter over the top. Cut the two extra slices of toast into small triangles, or points, arrange on the platter and garnish with parsley.

EGGS AU GRATIN

6 hard-cooked eggs
Salt and pepper
2 cups medium white, tomato or yellow sauce
Grated cheese
Buttered crums
Butter

Remove the shells from the eggs, slice them and arrange in a greased baking-dish. Season with salt and pepper and pour the sauce over them. Yellow sauce may be made from white sauce by adding uncooked beaten egg-yolk to white sauce. Sprinkle with grated cheese and cover with buttered crums. Bake in a moderate oven until the sauce bubbles and the crums brown.

CHEESE DISHES

WELSH RABBIT

1 tablespoon butter
1 tablespoon flour
1 cup milk
½ teaspoon salt
Few grains pepper
¼ teaspoon mustard
¼ to 1 pound of cheese (acccording to richness desired) shaved or cut fine
6 slices buttered toast

Make a white sauce, in the top of a double boiler, of the first six ingredients, mixing the mustard with the other dry ingredients. Set the top part of the boiler over hot but not boiling water. Add the cheese, cook and stir until it is melted. Serve on hot toasted bread or on saltines. One-half cup chopped olives may be added. This dish may be varied by adding one or two slightly beaten eggs just after the cheese has melted and continuing the cooking until the egg has thickened the mixture.

MEXICAN RABBIT

½ tablespoon butter
½ green pepper
2 cups grated cheese
1 egg
1 cup canned corn
¼ teaspoon salt
½ cup canned tomatoes
½ cup bread-crums
6 slices buttered toast

Melt the butter in the top of the double boiler, add the chopped pepper and cook until slightly softened, but not browned. Set over hot water, add the cheese and stir constantly until the cheese is melted. Mix beaten egg, salt and corn and stir into the cheese mixture; add the chopped tomatoes and crums. Heat the mixture and serve on toasted bread.

CHEESE FONDUE

1 cup grated cheese
2 teaspoons butter
1 cup milk
1 cup soft bread-crums
⅓ teaspoon salt
3 eggs
Cayenne

Scald the milk and pour it over the crums, then add the butter or butter substitute, the cheese and seasonings. Beat the egg-yolks slightly and add to the mixture, then fold in the stiffly beaten whites and turn the mixture into a greased baking-dish. Set in a pan of water and bake in a slow oven (300° F.) until firm on top.

One cup of cooked rice or other cereal may be substituted for the bread-crums.

CHEESE SOUFFLÉ

1 cup cheese
3 eggs
1 cup milk
4 tablespoons flour
4 tablespoons butter, or other fat
½ teaspoon salt
Pepper

Make a white sauce of milk, flour, fat and seasonings. Add the cheese and beaten egg-yolks and stir until the cheese has melted and the yolks are set. Fold in stiffly beaten egg-whites. Pour into a buttered dish, or buttered individual molds, and set in a pan of hot water. Bake fifteen minutes in a slow oven (300° F.), or until the egg-white is set, and serve at once. It begins to fall as soon as removed from oven.

The cheese soufflé may be baked in ramekin dishes and served as a cheese course for dinner.

LUNCHEON CHEESE AND EGGS

1 cup cream
6 eggs
2 tablespoons grated cheese
Salt and pepper

Put the cream into a frying-pan and let it heat to the boiling-point, then break in, carefully, the eggs. Lower the heat under the eggs and cook until they are set, as in poaching, spooning the cream over the top of the eggs while they are cooking. Put them on a hot platter. To the cream left in the frying-pan, add the grated cheese and seasonings. Stir until melted and pour the mixture over the eggs.

VEGETABLES

ASPARAGUS

Trim stalks to uniform length, wash and tie with soft string. Cook in boiling water until tender, keeping the tips above the water for the first ten minutes. Just before cooking is completed, salt the water. Drain, untie, and season with melted butter or butter substitute, salt and pepper.

If preferred, the asparagus may be cut into inch pieces. In this case, the stalks are put into the water ten minutes or more before the tips are added. Asparagus may be served with medium white sauce or Hollandaise sauce may be poured over it.

FRENCH ARTICHOKES

The artichoke consists of three parts: the bottom, the leaves and the choke. The choke is not eaten and may be removed or not, as preferred. If it is to be removed, cut out the stem and save it; then with the point of a sharp knife cut around the base of the choke and draw out the latter. Cut across the top of the artichoke to trim it. Then wash it and soak it for half an hour in salted water, using one tablespoon of salt to two quarts of water.

After removing the choke and soaking as directed, press the stem back into the head, lay the whole head downward in a kettle and cover with boiling water, adding one teaspoon of salt and two teaspoons of lemon-juice for every two quarts of water. Boil gently until tender. Then take the artichoke from the water and drain. Serve hot with Béchamel sauce or Hollandaise sauce, or cold with a French dressing or well-seasoned mayonnaise dressing, or with Russian dressing.

BOSTON BAKED BEANS

1 pint pea beans
1 small onion
⅛ pound salt pork, part fat and part lean
½ teaspoon salt
½ teaspoon dry mustard
2 tablespoons molasses

Soak beans in cold water overnight; in the morning place them in fresh water to cover and simmer gently until skins begin to burst, being careful that they do not cook long enough to break. When they are soft turn them into a bean-pot. Beans may be put into the pot without this preliminary cooking.

Pour boiling water over the salt pork. Scrape the rind until white, score it in half-inch strips, and bury the meat in the beans, leaving only the rind exposed. Mix together salt, mustard and molasses. Place these in a cup, fill the cup with hot water, stir until well mixed, and pour the liquid over the beans and pork. Add enough water to cover the beans, and bake eight hours, adding water to keep them covered, until the last hour, when the pork should be raised to the surface to crisp.

If pork is disliked, it may be omitted, but more salt must then be used, together with one-third cup of butter or butter substitute or drippings, or half a pound of fat and lean corned beef may be substituted.

BEETS

Wash the beets thoroughly and remove the leaves, being very careful not to break off the little fibers and rootlets which retain the juices and coloring matter. Use plenty of water in cooking. Should the beets be tough and withered, soak them for twenty-four hours in plenty of cold water before trying to cook them.

Try with a fork, and when tender drop them into a pan of cold water and slip off the skins with the hands. If small, serve whole. If large, slice those to be used immediately, place in a dish and season with salt, pepper, and butter or butter substitute or savory fat. A teaspoon of sugar may be added also if the beets are not naturally sweet enough. Set them over boiling water to heat thoroughly and serve hot, with or without vinegar. The cold beets left over may be covered with vinegar and used as pickles.

BRUSSELS SPROUTS

Pick off the dead leaves from the sprouts, soak the sprouts in cold salted water for one-half hour, wash them and put them on the fire in plenty of boiling water. Boil in an uncovered saucepan until tender. Just before they are done, salt the water. Drain in a colander. Reheat with melted butter or butter substitute, season with salt and pepper, and serve very hot. They may be served with cream sauce.

SCALLOPED CABBAGE WITH CHEESE

1 small head cabbage
2 cups grated cheese
1½ cup medium white sauce
½ to ¾ cup bread-crums

Shred the cabbage and cook for twenty minutes. Into a greased baking-dish, put a layer of cabbage, then a layer of cheese, then a layer of white sauce, and continue to add layers until the ingredients are all used. Cover the top of the mixture with the crums, which may be mixed with a little melted butter, and bake in a moderate oven (350° F.) for about twenty minutes, or until the crums are brown.

CARROTS AND PEAS

2 cups cubed carrots
1 cup cooked peas, fresh or canned
3 tablespoons butter
3 tablespoons flour
½ teaspoon salt
⅛ teaspoon pepper
2 teaspoons sugar
1½ cups milk

Boil the carrots until tender. Combine with the cooked peas, reheat and serve with melted butter or savory fat or make a sauce of the flour, fat, milk and seasonings, add the cooked carrots and peas, reheat and serve hot.

CARROTS AND PEAS WITH GREEN MINT

1 very small bunch fresh mint
2 cups cooked cubed carrots
1 cup cooked peas
Salt and pepper
Butter
Sugar

Boil together carrots, peas and mint leaves for five minutes. Drain, add salt and pepper, a generous amount of butter, and sprinkle with sugar. Set in the oven until the sugar melts. Serve with a garnish of fresh mint leaves.

SCALLOPED CAULIFLOWER WITH EGG

1 medium cauliflower
2 cooked eggs
Salt and pepper
1½ cups medium white sauce
Bread-crums

Break the head into small flowerets and cook in boiling water. Add salt just before cooking is completed. Drain. Grease a

baking-dish and place a layer of cauliflower in it, then a layer of sliced eggs, then a layer of white sauce. Put a layer of crums over the top and bake in a hot oven until brown. Four tablespoons of grated cheese may be used instead of the hard-cooked eggs. A bit of cayenne pepper may be added for additional seasoning.

SCALLOPED CELERY WITH CHEESE

2 cups cooked celery cut into inch-long pieces
2 tablespoons butter
2 tablespoons flour
1 cup milk
Onion salt
Pepper
1 to 2 tablespoons grated cheese
Bread-crums

Make a sauce of the flour, fat, milk and seasonings. Put the celery into this and turn it into a greased ramekin or earthen pudding-dish. Sprinkle with cheese and bread-crums, mixed with a little butter, and bake until a golden brown. This is a simple but hearty dish.

CELERIAC

Not every housewife knows celeriac, but it is well worth adding to her list of vegetable acquaintances. It is a variety of celery grown for its turnip-like root instead of for the blanched stalks. The flavor is similar to that of celery. It is delicious served in various sauces or as a salad.

To prepare celeriac, trim off the tops, wash and pare the bulb, drop it into boiling water and cook about one-half hour, or until tender. Add the salt just before cooking is completed. It may then be prepared as stewed celery or scalloped celery with cheese.

CORN SOUFFLÉ

1 tablespoon butter or savory fat
1 tablespoon flour
½ cup milk
1 teaspoon salt
¼ teaspoon paprika
Pepper
1 pimiento
2 cups corn pulp (fresh or canned)
2 eggs

Make a white sauce, using the fat, flour, milk and seasoning. Rub the pimiento through a sieve and add it to the sauce. Add the

corn to the mixture. Cool slightly, then add the well-beaten egg-yolks and fold in the stiffly beaten egg-whites. Turn into a greased baking-dish, set the dish in a pan of hot water, and bake in a moderate oven until the egg is set, about thirty minutes.

CORN OYSTERS

2 cups corn pulp
2 eggs
2 tablespoons flour
2 tablespoons butter or other fat
Salt and pepper

If fresh corn is used, grate it from the cob with a coarse grater. If canned corn is used, select one of the sieved varieties. Beat the egg-yolks and whites separately and add to the grated corn, with flour and butter or fat, salt and pepper. Drop the batter from a spoon into hot fat and fry light brown. Drain on soft paper. Serve hot.

DEVILED CORN

2 tablespoons butter or savory fat
2 tablespoons flour
1½ cups milk
1 teaspoon salt
¼ teaspoon mustard
Paprika
2 cups corn pulp (fresh or canned)
1 egg
1 tablespoon Worcestershire sauce
Crums

Make a sauce of the fat, flour and seasonings, add corn, egg slightly beaten, and Worcestershire sauce. Pour into a baking-dish, cover with crums mixed with a little butter or butter substitute and bake until crums are brown.

BAKED CORN AND TOMATOES

2 cups cooked corn (fresh or canned)
2 cups tomatoes (fresh or canned)
1 teaspoon salt
Pepper
1 teaspoon sugar
1 cup fresh bread-crums
3 tablespoons butter or savory fat

Mix seasonings with the corn and tomatoes and pour all into a greased baking-dish. Spread the crums over the top, dot them with the butter, and bake in a moderate oven for one-half hour. This is a satisfactory way of utilizing left-over corn or tomatoes.

CUCUMBER CUPS

This makes a dainty dish for luncheon. Cut the unpeeled vegetables into sections two inches long and cook until tender in water salted just before cooking is completed. Scoop out the center of each section, leaving one-half-inch thickness all around the sides, as well as on the bottom, thus making pretty green cups of the vegetable. These cups may be filled with creamed chicken, sweetbreads, mushrooms or any other filling, held together with white sauce.

STUFFED EGGPLANT

1 eggplant
2 tablespoons butter
Salt and pepper
½ cup water
2 cups crums

Cut the eggplant in half lengthwise and scoop out the center pulp, leaving the rind about one-half inch thick so that the shape may be firm. Cover the shells with cold water. Chop the pulp fine, season it with salt and pepper, add butter or other savory fat and cook in a frying-pan for ten minutes, stirring well, then add water and one cup of bread-crums. Drain the shells, sprinkle the interior of each with salt and pepper and fill them with the mixture. Spread one cup of crums on the surface of the mixture, place the two pieces of plant in a baking-dish or deep pan, and pour enough hot water into the pan to come one-third up the sides of the plant. Bake one hour, and serve hot.

CREAMED KOHLRABI

6 kohlrabies
2 tablespoons butter or savory fat
2 tablespoons flour
Salt
Paprika
2 cups milk
1 egg-yolk

Wash and pare the kohlrabies. Cut into half-inch cubes, drop into boiling water to cover and cook until tender. Just before cooking is completed, add salt, then drain and shake over the fire to dry slightly. Make a white sauce from the flour, fat, milk and seasonings, adding the egg-yolk last, and pour it over the vegetable.

SAUTÉD LENTILS

1 pint lentils
¼ teaspoon soda
Salt and pepper
2 tablespoons butter or savory fat

Wash the lentils and soak overnight. In the morning, drain them, cover with warm water in which the soda has been dissolved, and bring them quickly to the boiling-point. Boil gently for one hour, drain, cover them again with fresh boiling water, and boil gently until tender; this generally requires about one and one-half to two hours longer. Test by mashing a lentil between the fingers. If it crushes quickly, they are done. Drain in a colander.

Place butter or fat in a frying-pan and when it is melted add the lentils, with salt and pepper to season; stir them over the fire for fifteen minutes. Two minced onions may be added to the lentils, if desired.

MACÉDOINE OF VEGETABLES

2 cups mixed cooked vegetables
1 teaspoon beef extract or ½ cup stock
1 teaspoon sugar
½ cup water
Salt and pepper
2 tablespoons butter

Mix all the ingredients together and cook eight or ten minutes over a hot fire, shaking the pan now and then. Serve hot.

BAKED MACARONI OR SPAGHETTI WITH CHEESE

2 cups macaroni or spaghetti broken into short lengths
¼ pound grated cheese
2 tablespoons butter
1½ cups milk
Salt and pepper

Boil and drain the macaroni or spaghetti. Arrange a layer in the bottom of a pudding-dish. Over it sprinkle some of the cheese and scatter over this bits of butter or other fat. Add a sprinkling of salt and pepper. Fill the dish in this order, having macaroni on top, well oiled with butter, but without cheese. Add milk enough to just cover well and bake until a golden brown hue, one-half hour usually being sufficient. Serve in the dish in which it was baked.

MACARONI OR SPAGHETTI WITH TOMATO SAUCE

Break the macaroni or spaghetti into short lengths. Cover with plenty of boiling water and boil until soft, twenty to thirty minutes generally being required. Stir occasionally with a fork to prevent sticking to the kettle. Turn into a sieve and drain thoroughly. Place in the serving-dish and cover with tomato sauce. Serve grated cheese with it. This cheese may be mixed with the tomato sauce. Some people prefer spaghetti cooked in long pieces. To do this place the ends in boiling water and coil it as it softens.

STUFFED ONIONS

6 medium to large onions
½ cup chopped ham or chopped green pepper
½ cup soft bread-crums
Fine dry bread-crums
½ cup milk
Pepper
½ teaspoon salt
1 tablespoon fat

Remove a slice from the top of each onion and parboil the onions until almost tender. Drain and remove the centers, making six little cups. Chop the onion that was scooped out and combine with it the ham and soft crums. Add seasoning and refill the onion cups. Place them in a baking-dish, cover with crums, add the milk, and bake until tender.

STUFFED PEPPERS

6 green peppers
½ onion
1¼ cups cooked meat (veal, chicken or ham)
1 cup water or stock
1¼ cups moistened bread-crums
Salt and pepper
1 tablespoon drippings or butter

Cut a slice from the stem end of each pepper. Remove seeds and parboil peppers ten minutes. Mix finely chopped cooked meat with moistened bread-crums, add salt, pepper and the onion, grated. Stuff the peppers with this mixture and stand them in a dripping-pan. Add water or stock. Bake fifteen minutes, basting frequently. Cooked rice may be used instead of the bread-crums.

SCALLOPED POTATOES

6 medium-sized potatoes
2 tablespoons flour
4 tablespoons butter
Milk
Salt and pepper

Pare raw potatoes and cut them into thin slices. Place in a baking-dish a layer of the potato one inch deep, season with salt and pepper, sprinkle a portion of the flour over each layer, add a part of the butter or butter substitute in bits. Then add another layer of the potato and seasoning, as before, and continue until the required amount is used. It is advisable not to have more than two or three layers because of difficulty in cooking. Add milk until it can be seen between the slices of potato, cover and bake one and one-fourth hour, or until potatoes are tender when pierced with a fork, removing the cover during the last fifteen minutes to brown the top. Serve from the baking-dish.

FRANCONIA POTATOES

The potatoes should not be small, else they will bake dry and crusty. Pare the potatoes, boil them fifteen minutes, and drain well. Then place them in the baking-pan with the roast, and cook for forty-five minutes, turning often and basting with the gravy from the roast. Serve them arranged about the meat. Some cooks do not parboil the potatoes before putting them in the pan, but in that case a longer time is required for cooking.

POTATO PUFF OR SOUFFLÉ

2 cups hot mashed potatoes
2 eggs
2 tablespoons butter
1 cup milk

To the mashed potatoes add the fat, the egg-yolks which have been beaten until very light, and the milk. Stir until well blended and then fold in the stiffly beaten egg-whites. Mix lightly and pile the mass into a well-greased baking-dish. Bake in a moderate oven about ten minutes. Serve at once.

MASHED POTATOES AU GRATIN

6 potatoes riced
3 tablespoons butter
½ teaspoon salt
½ teaspoon paprika
2 eggs
¼ cup grated cheese
½ cup buttered crums

Add butter, seasoning and eggs to the hot riced potatoes. Beat until light and mound on a baking-dish. Cover with grated cheese and then with buttered crums to which the melted butter

or butter substitute has been added. Bake fifteen minutes, or until the crums are brown.

FRENCH FRIED POTATOES

Wash and pare potatoes and cut into eighths lengthwise. Dry between towels and fry in deep fat. Drain on soft paper, sprinkle with salt and serve in an uncovered dish. The fat must not be too hot, as the potatoes must be cooked as well as browned.

POTATO DROPS

2 cups mashed potatoes (without any milk)
2 eggs
Salt and pepper

Mix the potato and the beaten eggs. Drop the mixture from a spoon into the hot fat and fry until a golden brown, then drain on brown paper and serve with a garnish of parsley. If the spoon is dipped in boiling water after every using, each drop will retain the shape of the spoon.

POTATO O'BRIEN

6 medium-sized potatoes
Salt
Chopped pimientos
Onion-juice

Wash, pare and cut potatoes into half-inch dice. Dry between towels. Fry in hot fat until a delicate brown. Drain on soft paper, sprinkle with salt, then sauté them in just enough fat to keep them from burning, adding finely chopped pimientos and a few drops of onion-juice. These should be tossed frequently during cooking, and not pressed close to the pan.

POTATOES ON THE HALF-SHELL

Select medium-sized potatoes and bake. Remove the top of each potato so as to make it boat shape. Scoop out the inside, being careful not to break the shell. Mash very thoroughly—it is well to put them through a ricer—add butter, salt and hot milk and beat well. Pile the mixture lightly into the shells, do not smooth down the top, stand each in a shallow pan, return to the oven and brown lightly on top. A quick oven is required to brown the potatoes.

If the potatoes are too large for a single serving, they may be cut in two lengthwise, and each half may be stuffed.

STUFFED POTATO

Follow directions for potatoes on the half-shell, adding one-half cup peanut butter and two egg-whites to the potato mixture.

POTATOES SUZETTE

6 medium-sized potatoes
½ cup hot milk
2 tablespoons melted butter
6 eggs
6 tablespoons buttered crums
1 tablespoon grated cheese
Salt and pepper

Prepare as for stuffed potatoes. Refill the shell almost to the top, break an egg into each opening, season with pepper and salt and sprinkle with buttered crums that have been mixed with grated cheese and bake long enough to set the eggs as well as for poached eggs. Brown lightly (about six minutes).

DELMONICO POTATOES

2 cups cooked potatoes, diced
2 cups medium white sauce
Salt and pepper
Buttered crums

Mix potatoes and sauce, pour into a buttered baking-dish, cover with crums and bake fifteen minutes in a hot oven.

HASHED BROWN POTATOES

2 tablespoons oil or drippings
6 boiled potatoes
Salt and pepper

Chop the potatoes, adding salt, and a dash of pepper. Melt the fat in a frying-pan and, when hot, add the chopped potatoes to the depth of one inch. Press the potatoes down in the pan, packing them firmly. Cook slowly, without stirring, until the potato is brown. Then begin at one side of the pan and fold the potatoes over on the other like an omelet, packing closely together. Turn upside down on a hot serving platter and serve hot.

LYONNAISE POTATOES

2 cups boiled potatoes, diced
1 tablespoon minced onion
2 tablespoons drippings
1 tablespoon chopped parsley

The potatoes should be rather underdone to produce the best results. Season with salt and pepper. Cook the onion in fat

until yellow, add the diced potato and stir with a fork until all sides are brown, being careful not to break the potatoes. Add more fat if necessary. When done, turn the potatoes out upon a hot dish, sprinkle parsley over the top, and serve hot.

SPANISH POTATOES

1 tablespoon minced onion
2 tablespoons chopped green pepper
2 tablespoons chopped pimiento
4 tablespoons oil or drippings
2 cups cold boiled potatoes, diced
½ cup cold cooked ham, chopped
1 teaspoon salt
½ teaspoon paprika

Fry the onion, pepper and pimiento in the fat until light brown, add the diced potatoes, the chopped ham and seasonings and cook until thoroughly heated through.

GLAZED SWEET POTATOES

6 sweet potatoes
Salt and pepper
Butter
1 cup brown sugar
¼ cup water

Boil the potatoes without paring them, and, when tender, drain and strip off the skins. Make a thick sirup of the sugar and water. Cut each potato in half, dip it in the sirup, lay in a baking-dish, season each piece with salt and pepper, a bit of butter. Bake in a quick oven until the potatoes are brown. They will brown quickly.

SWEET-POTATO PUFF

2 cups mashed sweet potato
2 tablespoons butter
Salt and pepper
¼ cup milk or cream
1 egg

To the mashed potatoes add the melted fat, seasonings and milk. Beat the egg-yolk and white separately, add the yolk to the potato mixture and then fold in the white. Bake in one dish or in individual molds until puffy and brown.

SWEET POTATO WITH PINEAPPLE

6 small sweet potatoes
⅓ as much pineapple as potato
⅓ cup honey
¼ cup water

Boil the potatoes with the skins on. When cool, peel and cut them in pieces one-quarter of an inch thick. Mix honey and hot water. Just cover the bottom of a baking-dish with the mixture, add a layer of sweet potatoes with sliced pineapple. Pour the remaining honey mixture over them and bake for ten minutes in the oven.

MASHED SWEET-POTATO CARAMEL

2 cups mashed sweet potato
Milk
Pepper and salt
½ cup maple sirup
¼ cup butter

Left-over sweet potatoes, either baked or boiled, may be used for this dish. Mash potatoes and add sufficient milk or cream to make a smooth, soft paste. Season with pepper and salt. Put in well-greased casserole or baking-dish, suitable for serving at table, and pour in thick maple sirup which has been boiled with butter. Bake until the top begins to caramelize.

CREAMED SALSIFY OR OYSTER PLANT

Wash and scrape the salsify, throwing it immediately into cold water to which a little vinegar or lemon-juice has been added, to prevent discoloration. Cut in inch slices and cook in boiling water until tender, adding salt just before cooking is completed. When tender, drain and combine with medium white sauce. Serve with tiny fried sausage balls.

BOILED SPINACH

2 pounds spinach
Salt and pepper
3 tablespoons butter

Remove roots and wilted leaves of the spinach. Wash in several waters, until all trace of sand has disappeared. Place in a large kettle without additional water; the water which clings to the leaves is sufficient. Cover the kettle and cook until the spinach is tender. The time of cooking depends on the age of the spinach. Long cooking darkens it. Salt the water just before cooking is completed. When done, drain, chop, season with salt, pepper and

butter. One tablespoon lemon-juice may be added while chopping, if desired. Garnish with slices of hard-cooked eggs if desired.

SUCCOTASH

2 cups green corn or 1 cup dried corn
2 cups fresh Lima, string or butter beans or 1 cup dried Lima beans
Salt and pepper
1 cup milk
4 tablespoons butter

If fresh vegetables are used, cut the corn from the cob. Cover the beans with the least possible amount of boiling water, to prevent scorching, and cook until tender. Drain off the water, add the corn and the milk and cook slowly until the corn is tender. Add the butter and other seasoning.

When dried corn and beans are used, soak both separately overnight. In the morning, cover the beans with fresh water, and boil them very gently until tender. Do not drain the water from the corn, but set the pan containing it on the back of the range where it will cook slowly. When the beans are tender, drain and add them to the corn, allowing only water enough to cover them. Cook slowly until tender and drain off water and save for soup. Add the milk and seasoning.

BAKED TOMATOES

6 tomatoes
4 tablespoons butter
Salt and pepper
1 cup bread-crums
1 teaspoon sugar

Peel the tomatoes and cut them in slices one-fourth of an inch thick. Place a layer of tomatoes in a pudding-dish, and sprinkle over them a little salt and pepper. Rub the butter into the crums with the sugar. Spread the mixture thickly upon the tomatoes, using all of it, and add another layer of tomatoes. Add bits of butter, sprinkle with dry crums, and bake twenty minutes.

BROILED TOMATOES

6 tomatoes
Salt and pepper
Melted butter

Choose firm, round tomatoes, cut them into slices, three-quarters inch thick, dust each slice with salt and pepper, place in a greased

broiler and broil over a moderate fire until tender. Turn once carefully. Add melted butter when sending to the table.

STUFFED TOMATOES

6 tomatoes
1½ cups soft bread-crums
¼ teaspoon pepper
2 tablespoons butter or savory fat
1 teaspoon salt

The tomatoes should be very firm, smooth, and of equal size. Cut a piece from the stem end of each tomato, and remove the centers without breaking the walls. Make a stuffing of the centers of the tomatoes, crums, seasonings, and melted butter or savory fat, and mix well. Sprinkle each tomato well with salt and pepper and fill with the stuffing, packing it in quite solidly.

Place a small piece of butter or fat on the top of each, arrange the tomatoes in a baking-dish and bake in a moderate oven until tender. Serve hot in the baking-dish.

TURNIPS IN CREAM

8 turnips
2 cups milk
4 tablespoons flour
4 tablespoons butter or other fat
Salt and pepper

Pare the turnips, cut them in small pieces, cook until tender. Make a white sauce of the flour, fat, milk and seasonings. Pour sauce over turnips and serve.

SALADS AND SALAD DRESSINGS

CARDINAL SALAD

2 large beets
2 tablespoons vinegar
½ cup wax beans
½ cup peas
½ cup asparagus tips
Mayonnaise made with vinegar from beets
Lettuce
Radishes for a garnish

Boil beets until tender, slice, cover with vinegar and let stand until the following day. Drain off the vinegar and use it in making the mayonnaise. Arrange white wax beans, peas, asparagus tips and red mayonnaise in little rose-like nests of lettuce leaves, and garnish with red radishes.

CABBAGE SALAD

½ head cabbage
6 eggs
½ cup sugar
1 teaspoon salt
1 teaspoon mustard
2 teaspoons melted butter
¼ cup vinegar

Cut the cabbage in several parts, and wash it well. Remove wilted or tough leaves, cut out the core and chop very fine with a sharp knife. Cook the eggs hard, chop five of them very fine, place the cabbage in a salad-bowl, add the chopped eggs, and toss and fold lightly together. Mix the sugar, salt, mustard and vinegar well together and pour this liquid over the cabbage and eggs. Toss again lightly with a fork held in each hand, arrange in a dish, and garnish with the remaining egg cut in slices.

COLE-SLAW

¼ cup vinegar
1½ teaspoon salt
¼ teaspoon pepper
1 tablespoon sugar
3 eggs
1 tablespoon butter
2 tablespoons cream
3 cups cabbage

Heat vinegar and seasonings (including the sugar and butter) to boiling, beat eggs and add hot vinegar mixture to them very

slowly. Cook in double boiler until the mixture thickens and then add cream. Remove the dressing from the fire and pour it while hot over the cabbage. Garnish with rings of hard-cooked eggs and serve when cold.

CARROT SALAD

1 cup grated raw carrot
1 cup chopped raw cabbage or celery, or cabbage and celery combined
1 tablespoon lemon-juice
½ teaspoon salt
Mayonnaise or boiled dressing
Lettuce leaves

Mix the ingredients well and serve on crisp lettuce leaves. The grated carrot may be combined also with cold boiled peas, with chopped nuts and apples, or with onions and radishes.

CUCUMBER JELLY SALAD

1 pint grated cucumber
Salt and paprika
2 tablespoons vinegar
1 tablespoon oil
1 teaspoon gelatin
2 teaspoons cold water
6 halves of walnut-meats
Mayonnaise
Lettuce leaves

Peel cucumbers, removing most of the white as well as the green skin. Grate enough to give one pint and season with salt, paprika, vinegar and oil. Add gelatin mixed with cold water. Place over the fire until warm and well mixed, not boiled. In the bottom of individual molds put a half kernel of walnut, then pour in the cucumber mixture and set on the ice to cool. When ready to serve, turn each mold on to a nest of young lettuce leaves, and add a spoonful of mayonnaise.

LETTUCE SALAD

Choose for this the crisp center of the lettuce. Wash it, dry it well, pull to pieces or cut it into four or six sections, and arrange it in a salad-bowl. Pour over the center of the dish any dressing preferred. Mayonnaise is frequently used, but with a heavy dinner the French dressing is to be preferred to any other. Russian dressing is very much used.

The following vegetables may be used instead of lettuce: endive, peppergrass, watercress, nasturtium blossoms, sorrel, dandelion, escarole, and romaine.

POTATO SALAD

1 quart new potatoes
1 tablespoon oil
2 tablespoons vinegar
1 onion
2 stalks celery
Lemon
1 tablespoon capers
1 tablespoon chopped parsley
Salt and pepper
Thin mayonnaise or boiled dressing
Cut beets
Lettuce

Boil potatoes until done, but not too soft, slice them when cooked and add oil and vinegar. Chop onion and celery very fine, and add, with capers, parsley, and salt and pepper to taste. Pour a thin mayonnaise over the potatoes, mixing thoroughly with a wooden spoon. Garnish with lettuce, a few pieces of lemon and cut beets.

TOMATO AND CELERY SALAD

6 tomatoes
2 cups celery, diced
⅓ to ½ cup mayonnaise
Lettuce leaves

Select firm tomatoes of a good size, cut a slice from the top of each, and scoop out all the seeds and soft pulp, being careful not to break the sides. Cut celery into small dice, mix it with mayonnaise dressing, fill the shells with the mixture, place one teaspoon of the dressing on top of each tomato and serve individually on a bed of lettuce leaves, placing three or four small leaves on each plate and the tomato in the center.

TOMATO SURPRISE SALAD

6 tomatoes
¾ cup diced cucumber
½ cup diced, cooked chicken
¼ cup chopped nuts
¼ cup mayonnaise dressing
Lettuce
Garnish of truffles or walnut-meats

Select medium-sized, smooth tomatoes. Scald and remove the skins. Chill. Carefully scoop the inside out of the tomatoes. Remove the seeds from the pulp. Chill all ingredients, and when ready to serve, mix the chicken, cucumber, tomato pulp, and nuts with the mayonnaise dressing. Add more salt if needed. Fill the tomatoes.

Arrange on lettuce leaves. Garnish with mayonnaise and

decorate each tomato top with a slice of truffle or with halves of shelled nuts.

FROZEN FRUIT SALAD

1 pint cream
1½ cups fruit cut fine (cherries, peaches, pineapple, etc.)
¾ cup mayonnaise
1 teaspoon powdered sugar
1 teaspoon instantaneous gelatin
2 tablespoons cold water
Lettuce

Soak the gelatin in the cold water, melt it over steam, and beat it into the mayonnaise. Add the sugar to the cream and whip it, then combine with the mayonnaise. Stir in the cut-up fruit. Pack in ice and freeze as for a mousse. The mayonnaise may be omitted from the mixture to be frozen and served separately.

TOMATO JELLY SALAD

3 cups stewed tomatoes, fresh or canned
1 slice onion
1 stalk celery
1 bay-leaf
1 clove
¼ green pepper pod
1 teaspoon sugar
Salt
½ box gelatin
½ cup cold water
Lettuce
Mayonnaise

Cook tomatoes with seasonings. Soak gelatin in cold water, add to boiling tomatoes, strain and pour into cups about the size of a tomato. Make a nest of small green lettuce leaves for each mold when serving, and place one tablespoon of mayonnaise on top of each tomato as it is turned from the mold.

Tomato jelly is often molded in a square pan and cut in diamonds or cubes, when it makes a very acceptable accessory to other salads and an attractive garnish.

ALLIGATOR-PEAR SALAD

2 alligator pears
Lettuce leaves
½ to ¾ cup mayonnaise or French dressing

Alligator pears, or avocadoes, are to be had at fancy fruiterers. Cut each pear into six pieces, giving wedge-shaped sections, and if these are too large, cut each section again lengthwise. Peel and arrange wedges of pears on beds of lettuce leaves. Either French

dressing or mayonnaise may be used, but the fruit is rich, therefore the French dressing is preferred by many people.

BANANA AND NUT SALAD

3 bananas
½ cup nuts
6 leaves lettuce
½ cup mayonnaise or boiled dressing

Peel bananas and cut in two lengthwise. Roll in nut-meats. Place on lettuce leaf and garnish with dressing. Equal parts of dressing and whipped cream may be used.

COCONUT FRUIT SALAD

1½ cups mixed diced tart apples and celery
½ cup shredded coconut
1 tablespoon lemon-juice
4 tablespoons oil
4 tablespoons orange-juice
Salt
Paprika
Lettuce leaves
Currant or plum jelly

Mix the apples, celery, and coconut. Sprinkle with the lemon-juice. Add a French dressing made from the oil and orange-juice, with salt and paprika to taste. Line a salad-bowl with lettuce leaves and pile chilled salad in center. Dot with currant or plum jelly.

COMBINATION FRUIT SALAD

6 halves of stewed pears, fresh or canned
Lettuce leaves
36 white cherries
Boiled dressing

Place the half pears on crisp lettuce leaves. Stone the cherries and arrange them around the pears. Serve with a boiled dressing.

FRENCH FRUIT SALAD

1 orange
1 banana
½ pound Malaga grapes
1 dozen English walnuts
Lettuce
French dressing

Peel the oranges and cut away the sections from the membrane by placing a knife parallel with the membrane and slicing down. If the fruit is allowed to stand in cold water after peeling, the bitter white membrane will come off easily.

Peel the bananas and cut in quarter-inch slices. Remove the skins and seeds from the grapes. Break in small pieces, but do not chop, the walnut-meats. Mix these ingredients thoroughly and place on ice. When ready to serve, place on lettuce leaves and serve with French dressing. This salad is pretty served in an orange basket, or, by substituting the grapefruit pulp for the orange, it may be properly served in the shell of a half grapefruit.

GRAPEFRUIT AND GRAPE SALAD

2 cups grapefruit sections
2 tablespoons grape-juice
2 tablespoons French dressing
½ cup Malaga grapes, peeled and seeded

Peel fine large grapefruit and separate the sections, removing every particle of the bitter white inner skin. Peel and seed the grapes and mix with the grapefruit. Set aside, covered, on ice until very cold. Pour over them the grape-juice and French dressing.

PEAR SALAD

6 pears
6 stalks celery
Mayonnaise
Salt and pepper
½ cup broken walnut-meats and stoned olives, chopped
Lettuce leaves

Select well-formed pears and cut off a bit of the broad end so that the pear will stand steadily on the plate. With a potato-ball cutter remove the center, leaving enough of the pear to make a thick cup. Cut the celery into dice, add broken walnut-meats and chopped olives and mix all together with mayonnaise, adding a pinch of salt and pepper. Fill the pear cups and serve on lettuce leaves.

PINEAPPLE AND CREAM-CHEESE SALAD

6 slices canned pineapple
1 cup cream cheese
Purple grape-juice
French dressing
Lettuce leaves

Work enough grape-juice into the cream cheese to soften it so that it can be made into balls with the hands or with butter paddles. Add the grape-juice cautiously so as not to make the mixture too soft to handle. Place a slice of pineapple on a lettuce leaf, put a cheese ball on top and pour grape-juice and French dressing over all.

TROPICAL SALAD

1 cup cantaloup balls
6 slices tomato
Garnish of red pepper
Any desired dressing
Lettuce leaves

With a vegetable cutter, cut small balls from a cantaloup that is fairly firm in texture. Arrange several balls on a slice of tomato which has been placed on a nest of lettuce leaves. Garnish with pieces of red pepper or green pepper cut in diamond shapes. Serve with any desired dressing.

SALAD EGGS

6 hard-cooked eggs
1 tablespoon butter
1 tablespoon cream
½ teaspoon mustard
Pinch cayenne
1 teaspoon salt
1 tablespoon anchovy paste
Lettuce or cress
Garnish of radishes and small onions

Remove the shells from the cold, hard-cooked eggs and cut a large piece from the top of each, take out the yolks and mix them to form a paste with butter, cream, mustard, cayenne, salt and anchovy paste. Put this mixture back into the hollows and lay the eggs on a dish of lettuce or cress. Garnish with radishes and small onions.

CHICKEN SALAD

2 cups diced chicken
1 cup diced celery
Mayonnaise
Lettuce
Garnish of celery tops, beets cut into dice, capers, egg-yolks, etc.

Left-over chicken makes a very good salad. To prepare a chicken especially for salad, rub well with salt and pepper, place one small onion and one bay-leaf inside, wrap with a napkin, tie securely and steam for three hours, or until a fork can be easily turned around in the meat. When the chicken is cold, cut the breast with a knife into pieces not too small and sprinkle with French dressing. The dark meat should not be used if a pretty salad is desired. If dark meat is used, cut in smaller cubes than white meat and the white meat will predominate in appearance. Mari-

nate the chicken mixture and let it stand. Make a mayonnaise dressing, stir part of it into the celery, place the latter on a thin layer of lettuce, or else arrange it directly upon the salad-dish and dispose the tips of the celery prettily about the edge. Heap the chicken mixture in the center, pour over it the remainder of the mayonnaise, and garnish with white celery tops, beets cut in dice, capers, cold hard-boiled yolks of eggs that have been pressed through a colander, or any other arrangement that pleases the fancy.

FISH SALAD

1 pound haddock or other fish
2 tablespoons oil
1 tablespoon vinegar
1 cup chopped celery
Lettuce
Mayonnaise

Wrap the haddock in a clean cloth and boil it for ten minutes in salted water. The remains of almost any cold fish may be used in this way very satisfactorily, but the salad is more successful when made of fish that will flake nicely, such as salmon, cod, haddock, or halibut. Canned salmon will also make a very good salad. Remove the bones, pick the fish into fine bits while hot, turn over it oil mixed with vinegar and set away in a cold place. When about to serve, chop celery and add to the fish. Arrange crisp white leaves of lettuce in cup shapes on a platter, using one or two leaves for each, then lay one spoonful of the mixture in each cup and pour over it one spoonful of mayonnaise.

LOBSTER SALAD

1½ cups diced lobster meat
½ cup diced celery
Vinegar
Mayonnaise
Lettuce

Remove the meat from fresh boiled lobster chilled. Reserve the creamy or green fat, together with the coral. If there are eggs on the tail fins, save them also. Cut the meat not too small. Sprinkle a very little vinegar over the lobster, but keep the celery crisp until it is time to make the salad. Then mix the meat and celery together, stir in enough mayonnaise to moisten and flavor the whole. Arrange the salad on the center of a bed of crisp white lettuce bordered with green lettuce leaves laid under

the outer edges. Pour on the remainder of the mayonnaise and sprinkle over it the coral, well pounded, and if liked the eggs and a few capers. Garnish with the claws. Sometimes lettuce leaves are arranged on a platter in cup-like clusters of two or three each, and the salad is divided equally among the clusters. The salad may be served in the cleaned lobster shells.

SARDINE SALAD

¾ cup sardines
¾ cup hard-cooked egg
1 cucumber
Lettuce leaves
Mayonnaise or French dressing

Remove the skin and bones from sardines and mix with chopped hard-cooked eggs. Cut cucumber in thin slices and arrange on lettuce leaves. Add sardine and egg mixture. Serve with mayonnaise or French dressing.

SHRIMP SALAD

1 pint cooked shrimps or prawns, fresh or canned
Marinade
Lettuce, shredded celery, or shaved cabbage
Mayonnaise or other dressing

Marinate the shrimps and serve whole on lettuce, shredded celery, or finely shaved cabbage, and cover well with a mayonnaise or other dressing. Canned shrimps are excellent for salads.

MISCELLANEOUS COMBINATIONS FOR SALADS

1. Asparagus and tomato
2. Cabbage, pineapple and coconut
3. Pea, cheese and pickle
4. Mashed potatoes, combined with pimiento, green pepper and hard-cooked egg
5. Pineapple, marshmallow and nuts
6. Rice and carrots
7. Molded fruit gelatin
8. Orange, prune and nut
9. Prunes stuffed with cottage-cheese
10. Carrot and shredded lettuce
11. Beet and cabbage salad
12. Beet and egg salad
13. Cabbage, celery and watercress
14. Mixed vegetables
15. Orange and Bermuda onion
16. Tomato, cucumber, onion

FRENCH DRESSING

3 tablespoons oil
¾ to 1 tablespoon vinegar or lemon-juice
¾ teaspoon pepper
1 teaspoon salt

These ingredients make a simple French dressing. Many salad-lovers add one or more other ingredients to give a particular tang or flavor. The French always rub the bowl in which the salad-dressing is made with a clove of garlic. Tarragon, or estragon, vinegar may be used instead of plain vinegar, or some leaves of tarragon or estragon, procurable at the large markets, may be cut in bits and sprinkled over the salad.

If the French dressing is made at table, a small china or glass tray, set with oil and vinegar cruets, salt-cellar, peppercorn-grinder, paprika-shaker, bottle of Worcestershire sauce, and a bottle of pearl onions, is passed to the person who serves the salad. Small silver stands for holding these ingredients are now found in the shops.

Mix the oil, salt and pepper together and slowly add the vinegar, stirring constantly. In dressing a salad at the table, the dressing may be made in a separate bowl and then poured upon the vegetables, the latter being tossed lightly for a few seconds and then served, or it may be done in the following graceful way: Hold a salad-spoon (or a tablespoon) over the salad, put into it the salt and the pepper, and then fill with the oil the remaining space, mix with a fork, and then pour upon the vegetables, distributing well; add the remaining proportion of oil, a spoonful at a time, tossing the salad lightly; at the last add the vinegar, toss again and serve. Or all ingredients may be placed in a cruet and shaken vigorously, then poured over the salad.

If the French dressing is made before the meal, the addition of a small amount of egg-white beaten with the dressing will make the emulsion more permanent.

VARIATIONS FOR FRENCH DRESSING

Many variations may be made by the addition of other ingredients to the French dressing. Grated cheese may be added, also bits of parsley, catchup, horseradish, garlic, green peppers, and other condiments.

MAYONNAISE DRESSING

All materials should be thoroughly chilled before being used in the making of mayonnaise.

2 raw egg-yolks
½ teaspoon salt
¼ teaspoon pepper
¼ teaspoon paprika
⅛ teaspoon mustard
3 tablespoons vinegar or lemon-juice
2 cups olive oil or substitute

To the yolks add the seasonings, beat thoroughly, add the vinegar, or lemon-juice, and beat again. Add the oil gradually (drop by drop at first). The mixture should be thick and creamy. Should the mayonnaise curdle, begin with a third egg-yolk, add a small quantity of oil to the egg, and then by very small quantities, add the curdled dressing. At times a dressing may be quite firm when left, only to be found curdled and disappointing when the time comes to use it. This third-egg process will, however, usually restore it. Equal proportions of vinegar and lemon-juice may be used. Tarragon vinegar is sometimes used instead of the ordinary kind.

VARIATIONS IN THE MAKING OF MAYONNAISE DRESSING

Mayonnaise dressing takes on a new flavor if chopped pickles, olives, mangoes, pimiento or celery are added.

Mayonnaise may be extended by adding a corn-starch paste to it. This paste may be made on the proportion of two tablespoons of corn-starch to one cup of water. It must be smooth, transparent and well-cooked, so that the corn-starch taste is destroyed. If this paste is used, the mayonnaise needs to be seasoned more highly.

COLORED MAYONNAISE

Mayonnaise may be colored green in the following manner: Boil two cups of spinach until tender, drain it, let it cool and squeeze dry. Mash it thoroughly by pounding, adding one spoonful of the mayonnaise, pass the whole through a fine sieve and mix with the dressing. A lighter shade may be obtained by boiling and mashing green peas and using them in the same way.

To produce a red tint for a lobster or fish salad, pound the coral of a lobster, pass it through a fine sieve, and add it to the dressing.

THOUSAND ISLAND SALAD DRESSING

1 cup mayonnaise
4 tablespoons chilli sauce
1 tablespoon chives
3 tablespoons catchup
1 teaspoon tarragon vinegar
1 tablespoon chopped green pepper
3 tablespoons chopped red pepper
1 teaspoon paprika

Add chilli sauce, chives, catchup, peppers, paprika and vinegar to mayonnaise.

BOILED DRESSING

¼ cup vinegar
¾ tablespoon sugar
¼ tablespoon flour
⅛ tablespoon mustard
¼ teaspoon salt
⅛ teaspoon pepper
1 egg-yolk
¼ tablespoon butter

Heat the vinegar. Sift the dry ingredients thoroughly, add to the slightly beaten egg-yolk, and beat together well. Pour the boiling vinegar gradually upon the mixture, stirring constantly. Put in the upper part of the double boiler and cook over hot water until it thickens, stirring all the time. Add the butter and remove from the fire. Serve when cold, with or without the addition of cream, which may be whipped.

This kind of dressing may also be bought on the market. When made at home, the beaten whites of eggs or cream, plain or whipped, are often added before serving.

SOUR-CREAM SALAD DRESSING

1 teaspoon salt
1 teaspoon sugar
⅛ teaspoon cayenne
1 tablespoon lemon-juice
2 tablespoons vinegar
1 cup sour cream

This makes an excellent dressing for vegetable salads. Place the salt, sugar, and pepper together in a bowl, mix well and add the lemon-juice, then the vinegar. When the mixture is perfectly smooth, put in the cream, stir well and set on the ice until needed.

DRESSING FOR MEAT SALADS

Tartar sauce and Hollandaise sauce can be used with meat salads very nicely, if desired.

COOKIES AND SMALL CAKES

PLAIN COOKIES

⅓ cup butter or shortening
½ cup sugar
1 egg
2 teaspoons baking-powder
2 cups flour
⅛ teaspoon salt
½ cup milk
½ teaspoon vanilla

Cream together thoroughly the butter or shortening and the sugar. Add the slightly beaten egg. Mix and sift the dry ingredients and add alternately with the milk to the first mixture. Add flavoring. Toss on lightly floured board, roll thin, cut and place on a greased baking-sheet. Bake in a moderate oven (350° F.) twelve to fifteen minutes.

LEMON WAFERS

1 cup butter or shortening
2 cups sugar
3 eggs
3 tablespoons lemon-juice
Flour

Cream the butter or shortening, add the sugar and well-beaten eggs, and lemon-juice. Stir in flour enough to make as soft a dough as can be rolled. Roll very thin and shape with a cutter. Bake at 380° F. for 10 min. This recipe may be used for vanilla, chocolate, or orange wafers.

CARAWAY COOKIES

½ cup butter or shortening
1 cup sugar
1 egg
2 cups flour
2 teaspoons baking-powder
½ teaspoon salt
¾ cup milk
1½ tablespoons caraway seeds

Cream the butter or shortening with the sugar; add beaten egg. Mix and sift the flour, baking-powder, and salt, and add alternately with the milk to the first mixture. Add caraway seeds.

Toss on lightly floured board. Roll out about one-half inch thick and cut in fancy shapes. Place on greased baking-sheet and bake in moderate oven (380-390° F.) twelve to fifteen minutes.

"FROZEN" COOKIES

2 cups melted shortening
1 cup white sugar
1 cup brown sugar
3 eggs
1 teaspoon salt
1 teaspoon cinnamon
4 cups flour
1 teaspoon soda
Brazil nuts, filberts or almonds

Mix ingredients in the order given, sifting all the dry ingredients together before adding. Mold in long rolls or pack in a deep pan like a bread-pan and roll in clean cloth. Let stand in a cold place until hard. Slice thin, and bake in a moderate oven (380-390° F.) until a golden brown. A roll may be kept indefinitely in a cold place.

These cookies are excellent to keep on hand, especially when the dough can be kept out-of-doors in cold weather. In case of an emergency they are easily brought in and quickly baked. Nuts in these cookies are very attractive when put in whole.

FILLED COOKIES

1 cup sugar
½ cup shortening
1 egg
½ cup milk
3½ cups flour
3 teaspoons baking-powder
½ teaspoon salt
1 teaspoon vanilla

Mix ingredients in order given, sifting the flour with the baking-powder and salt before adding it. Roll thin, cut, and put in greased pans. Place a teaspoon of filling on each, not allowing it to spread to the edge, place another cookie on top, press down the edges, and bake in shallow pans in a moderate oven (380-390° F.).

For the filling, take:

½ cup sugar
1 tablespoon flour
1 cup chopped raisins
½ cup water

Mix sugar and flour together, add to the other ingredients, and cook until thick, stirring constantly. Dates, figs, prunes, apricots, or any marmalade may be used instead of raisins.

BROWN-SUGAR COOKIES

2 cups brown sugar
1 cup melted shortening
3 eggs
¼ cup milk
1 tablespoon vanilla
1 teaspoon soda
Flour to mix stiff

Mix ingredients in order given. Add just enough flour to roll. Cut into shapes as desired. Sprinkle with brown sugar, and bake in a moderate oven (380° F.).

CHOCOLATE DROP COOKIES

2 squares chocolate
½ cup butter or shortening
1 cup brown sugar
½ teaspoon soda
1 egg
2 cups flour
¾ cup sweet milk

Melt the chocolate and add to the melted shortening. Add sugar, egg, milk, and soda and flour sifted together. Batter should be stiff enough to drop from the spoon. Drop by spoonfuls on greased pans, and bake in a moderate oven (350-375° F.). Frost, if desired.

BROWNIES

2 squares chocolate
¼ cup fat
1 cup white sugar
1 egg
½ teaspoon salt
½ cup flour
½ cup nuts

Melt chocolate and add it to the melted fat. Add sugar, egg, salt and flour. Mix in chopped nuts, pour in greased baking-pans, and bake at 360° F. about twenty-five minutes. They will look half baked, but mark off in squares or strips when you take them from the oven, and they will harden as they cool. Remove from the pans when cool. Serve with afternoon tea. These cookies resemble fudge in taste and appearance.

GINGER SNAPS

1 cup molasses
½ cup butter or shortening
1 teaspoon salt
3 cups flour
1 teaspoon soda
2 teaspoons ginger

Heat the molasses and shortening. Mix and sift the dry ingredients and add to first mixture. Thoroughly chill, toss on

lightly floured board, and roll out very thin. Cut as desired. The bowl containing the remaining dough must be kept in a cool place or it will be necessary to add more flour. Excess flour will make the cookies hard and unattractive. Put on greased baking-sheet and bake in a moderate oven (320-390° F.) twelve to fifteen minutes.

PEANUT COOKIES

¼ cup butter or shortening
1 cup brown sugar
2 eggs
¼ cup milk
½ teaspoon salt
2 cups flour
2 teaspoons baking-powder
1 to 2 cups chopped peanuts

Melt fat, add brown sugar, eggs and milk. Add sifted salt, flour and baking-powder, and chopped peanuts. Drop by teaspoonfuls on greased pans, an inch or two apart. Place a half peanut on each and bake in a quick oven (400° F.).

RAISIN ROCKS

1 cup butter or shortening
1 cup brown sugar
1 teaspoon salt
Flour
1 teaspoon ginger
2 teaspoons soda
2 cups molasses
1 cup seeded raisins

Cook the butter or shortening, sugar, molasses, ginger and salt together. Stir the mixture until it boils and boil it five minutes. Pour into a bowl and stir in flour and soda sifted together until it is stiff enough to drop from a spoon. Add the raisins and drop from a spoon on to a greased shallow pan. Bake the rocks in a moderate oven (380° F.).

HERMITS

½ cup butter or shortening
½ cup sugar
2 eggs
1 cup chopped raisins
1 tablespoon molasses
1 teaspoon each of all kinds of spice
½ teaspoon soda
Flour

Cream fat, add sugar gradually. Add eggs, molasses and raisins. Sift soda and spices with one cup of flour, and mix all thoroughly. Add enough flour to make quite a stiff dough, and roll. Bake in a moderate oven (380° F.).

OATMEAL COOKIES

½ cup sugar
½ cup molasses
¾ cup fat
2 eggs
¼ cup sweet milk
2 teaspoons cinnamon
1 teaspoon cloves
1 teaspoon soda
2 cups flour
1 cup chopped raisins
2 cups oatmeal

Mix ingredients in the order given. Melt the fat before adding it, and sift the soda and spices with the flour. Drop by teaspoonfuls on greased pans and bake in a moderate oven (380° F.).

BOHEMIAN CHRISTMAS COOKIES

Yolks of 2 hard-cooked eggs
⅓ cup butter or shortening
⅓ cup sugar
Yolk of 1 egg
1 tablespoon milk
Flour to stiffen for rolling
3 tablespoons finely chopped blanched almonds

Put the hard-cooked yolks of eggs through a ricer or sieve and cream with the butter or shortening. Add the sugar, cream again, then stir in the uncooked egg-yolk, the milk, and sifted flour. The dough should be stiff enough to roll. Cut into small round shapes with cooky-cutters, brush these with beaten egg-white and sprinkle with finely chopped almonds. Bake in a slow oven (300° F.).

CHRISTMAS PEPPERNUTS

2 cups brown sugar
2 eggs
1 teaspoon soda
1 tablespoon hot water
1 cup chopped nuts
2 teaspoons cinnamon
1 teaspoon nutmeg
3½ cups sifted bread flour

Mix the sugar with the well-beaten eggs, add the soda dissolved in hot water, the nuts, and the spices sifted with the flour. Add more flour if necessary to make a dough stiff enough to roll. Roll out until the dough is about one-eighth inch thick. Cut in tiny rounds about as large as a quarter of a dollar and bake in a quick oven (400° F.) until brown. Roll at once in powdered sugar.

SWEET-MILK DOUGHNUTS

1 tablespoon butter or fat
1 cup sugar
2 eggs
1 cup milk
3 teaspoons baking-powder
1 teaspoon salt
1 teaspoon nutmeg
Flour

Beat the eggs till very light, add the sugar and when foamy add the melted butter or fat. Sift the baking-powder, salt and nutmeg with one cup of flour and stir into first mixture, alternating with the milk so as to keep the mixture smooth. Add just enough flour to make a soft dough which can be handled. Roll out three-fourths inch thick on a lightly floured board. A soft dough makes light, tender doughnuts when cooked. Fry in deep fat and drain on unglazed paper. Test the fat for temperature or by using a thermometer. Fat should never smoke, as this produces harmful by-products.

Roll the doughnuts in powdered sugar just before serving.

SOUR-MILK DOUGHNUTS

1 cup sugar
1 tablespoon sour cream
2 eggs
1 cup sour milk
½ teaspoon soda
½ teaspoon salt
½ teaspoon cinnamon
½ teaspoon nutmeg
Flour

Mix the sugar with the cream and add the beaten eggs and sour milk. Sift the soda, salt and spices with one cup of flour and add to the first mixture. Add additional flour to make a dough just stiff enough tc handle. Toss on a floured board, roll out, and cut. Fry in deep fat. Test temperature of fat as in sweet-milk doughnuts. Drain on unglazed paper. When cold, roll in powdered sugar.

CRULLERS

¼ cup butter or shortening
1 cup sugar
2 eggs
1 cup milk
3½ teaspoons baking-powder
¼ teaspoon grated nutmeg
½ teaspoon salt
Flour

Cream the butter or shortening. Add sugar; then the well-beaten eggs. Sift the baking-powder, nutmeg, and salt with one cup of

flour and add alternately with the milk to the first mixture. Add additional flour to make a dough stiff enough to handle. Toss on floured board, roll one-half inch thick and cut into strips. Twist and fry in deep fat. Test temperature of fat as in sweet-milk doughnuts. Drain on unglazed paper and when cold roll in powdered sugar. This recipe makes about three dozen crullers.

GINGERBREAD

½ cup molasses
½ cup sugar
½ cup melted fat
½ cup sour milk
1 egg
½ teaspoon soda
1 cup flour
1 teaspoon ginger
2 teaspoons cinnamon
Nutmeg

Mix ingredients in order given, sifting the soda with the flour before adding it. Bake in a slow oven in a greased shallow pan or in muffin-tins. Care must be taken to prevent burning.

Gingerbread makes a delicious dessert served with whipped cream.

SOFT MOLASSES GINGERBREAD

¼ cup fat
1 cup molasses
1 tablespoon vinegar
1 egg
1 teaspoon soda
½ teaspoon salt
1 tablespoon ginger
1 cup sour milk
2 cups flour

Melt the fat, add the molasses, vinegar, and beaten egg. Mix and sift the dry ingredients and add alternately with the milk. Pour into a greased pan and bake twenty-five minutes in a moderate oven (360°-380° F.). Batter should be just thin enough so that the track left by the spoon in stirring disappears at once.

NUT CAKES

2 eggs
½ cup molasses
½ cup sugar
1 cup flour
1 teaspoon baking-powder
½ teaspoon salt
1 tablespoon butter
½ cup chopped nut-meats

Beat the eggs slightly and add the molasses and sugar. Mix and sift the flour, baking-powder and salt, and stir them into the

first mixture. Add melted butter and nuts, and half fill shallow greased molds with the mixture. Place a nut-meat in the center of each. Bake in a moderate oven (360-380° F.) for twenty-five minutes.

TEA CAKES

1 tablespoon melted fat
½ cup sugar
1 egg
1 cup milk
3 teaspoons baking-powder
2 cups flour
1 cup chopped nuts

Cream the fat with the sugar, add the beaten egg, then add the milk alternately with the sifted ingredients. Lastly add the floured nuts. Bake in greased muffin-pans at 400-425° for twenty minutes. Split each cake, butter it, and sprinkle with sugar and cinnamon or with grated maple sugar and chopped nuts. Serve hot with afternoon tea.

LITTLE CHOCOLATE CAKES

¼ cup butter
1 cup sugar
½ cup milk
2 eggs
2 squares melted chocolate
1 cup pastry flour
1 teaspoon baking-powder
1 teaspoon vanilla

Cream butter, add the sugar slowly, then the beaten egg-yolks. Melt the chocolate and add. Add flour and baking-powder sifted together, alternating with milk, and add vanilla and fold in stiffly beaten egg-whites. Bake in greased muffin-pans.

MOCHA CAKES

1 cup sifted powdered sugar
2 eggs
½ cup strong coffee
1½ cups sifted pastry flour
1 teaspoon baking-powder
⅓ teaspoon salt
½ cup evaporated milk

Cream the sifted powdered sugar with the beaten egg-yolks; add the coffee and the milk, then the dry ingredients sifted together. Bake in a long shallow pan at 350° for twenty minutes, cut in fancy shapes as desired, cover the top and sides with mocha cream. Finely chopped nuts may be used to cover the sides, giving the effect of French pastries.

PETITS FOURS

4 eggs
1 cup sugar
3 tablespoons cold water
1½ tablespoon corn-starch
1 cup flour
1½ teaspoon baking-powder
¼ teaspoon salt
Flavoring

To the beaten yolks of the eggs, add sugar and cold water. Sift the corn-starch with the flour, baking-powder and salt. Add to first mixture. Beat well and add the stiffly beaten whites of the eggs and any flavoring desired. Bake for one-half hour in a moderate oven (350° F.) in shallow pans. When cool, cut in small circles, split, scoop out a little of the crum from the center of each and fill cavities with whipped cream or any prepared filling. Press together in pairs, dip in melted fondant, decorate with nuts, glacé fruits, and so forth, and place each little cake in a paper case.

CREAM PUFFS

1 cup boiling water
½ cup butter or shortening
1 cup flour
4 eggs

Add the boiling water to the butter or shortening, bring to a boil and stir in the flour thoroughly. Remove from the fire, let the mixture cool slightly and add the eggs one at a time, beating in each one for some time before adding the next. Drop by spoonfuls on a greased pan about two inches apart, shaping into a circular form and having the batter a little higher in the center. Bake one-half hour in a moderate oven (360° F.). If these cakes are removed from the oven before they are thoroughly done, they will fall. Take out one; if it does not fall, the others may be removed.

Cool and split partly with a sharp knife. Fill with a cream filling, whipped cream, or a fruit mixture.

Cream puffs and éclairs make an excellent foundation for a great variety of desserts. Split them open, fill with any kind of ice-cream, and cover with any sauce or combination of sauces. Replace cover, and serve immediately.

LADY FINGERS

5 tablespoons powdered sugar
3 egg-whites
2 egg-yolks
½ teaspoon vanilla
½ cup flour
¼ teaspoon salt

Add the powdered sugar to the stiffly beaten egg-whites. Add to these the two well-beaten yolks and the vanilla extract. Fold in the flour, which has been sifted twice with the salt. Line a pan with paper but do not grease it. Press the batter through a pastry bag on to it, forming strips four inches long and one inch wide. Sprinkle with powdered sugar and bake in a moderate oven (350° F.) for ten minutes.

MERINGUES AND KISSES

2 egg-whites
½ cup powdered sugar
Pinch of salt
½ teaspoon flavoring

Beat the egg-whites stiff, adding the salt. Add the sugar gradually, beating constantly, and heap in rounds or press through a pastry bag on to a wet board covered with an ungreased paper.

Bake on the board in a very slow oven (320° F.) for three-quarters of an hour. The kisses should be very light brown and quite dry. If they adhere to the paper, moisten the other side of the paper by placing it on a wet cloth, and they will slip off easily.

The smaller shapes or kisses may be stuck together in pairs with a little white of egg, and the meringues, which are usually made larger, may be scooped out and filled with ice-cream or whipped cream.

COCONUT DROPS

4 egg-whites
½ pound powdered sugar
½ teaspoon lemon extract
½ pound grated coconut

Beat the egg-whites stiff, add sugar and beat until light and white, then add the lemon extract, and enough coconut to make it as thick as can be easily stirred with a spoon. Drop on greased paper and bake at 350° F. for ten minutes.

COCONUT MACAROONS

1 egg-white
1¼ cups sweet coconut
⅓ cup thick condensed milk
½ teaspoon vanilla

Beat the egg-white until stiff, then fold it into the mixture of coconut and condensed milk. Add flavoring. Drop by spoonfuls on a greased baking-sheet and shape into cakes. Bake in a moderate oven 350° F. until lightly browned.

MOCK MACAROONS

1 egg-white
1 cup brown sugar
1 cup chopped salted nuts

Beat the sugar into the stiffly beaten egg-white, and add the nuts. Drop by spoonfuls on a greased pan and bake in a slow oven (320° F.) for fifteen minutes.

KORNETTES

1 egg-white
⅓ cup light brown sugar
2 teaspoons butter
¾ cup chopped popcorn
¼ teaspoon salt
½ teaspoon vanilla

Beat the white of the egg very stiff and, still beating, mix in the sugar. Melt the butter and into this stir the chopped popcorn, salt and vanilla. Fold the two mixtures together and drop by spoonfuls on a greased baking-sheet. Bake at 350° for fifteen minutes.

OATMEAL JIM-JAMS

1 cup butter or shortening
1 cup brown sugar
2 cups flour
½ teaspoon salt
1 teaspoon soda
½ cup sour milk
2 cups ground oatmeal

Cream the butter or shortening with the sugar. Sift the flour, salt and soda and add with the oatmeal to the first mixture, alternating with the milk. If ground oatmeal is not procurable, rolled oats may be ground in a food-chopper and measured after grinding. Toss on a floured board and roll thin. Cut in rounds. Put on greased baking-sheet and bake in a moderate oven (350° F.) twelve to fifteen minutes. When cool, put together like sandwiches with the following filling:

¾ pound chopped dates
¾ cup sugar
½ cup boiling water

Cook ingredients together until thick. Cool before spreading.

CAKES

FOUNDATION OR PLAIN CAKE

⅓ cup butter or shortening
1 cup sugar
2 eggs
1¾ cup flour
2 teaspoons baking-powder
½ cup milk
1 teaspoon vanilla

Cream the butter or butter substitute, add sugar and continue creaming. Add well-beaten eggs. Mix and sift the dry ingredients and add alternately with the milk. Add flavoring. Bake in layers at 380° for twenty minutes. Any good filling and frosting may be used.

The batter may be varied by adding nuts, coconut, spices, etc., and may be baked as a loaf cake.

ONE-TWO-THREE-FOUR CAKE (Measure Cake)

1 cup butter or shortening
2 cups sugar
3 cups flour
4 eggs
3 teaspoons baking-powder
1 cup milk
Flavoring

Cream the butter or shortening and sugar, add eggs. Mix and sift flour and baking-powder and add alternately with the milk. Flavor as desired. Bake as loaf or layer cake at 380-400° F. for twenty to forty-five minutes.

MAPLE-SUGAR CAKE

½ cup butter or shortening
1¼ cups maple sugar
6 tablespoons corn-starch
1½ cups flour
½ cup milk
1¼ teaspoons vanilla
4 egg-whites

Cream the butter or shortening and sugar. Sift the corn-starch and flour together several times and add to the first mixture, alternately with the milk. Add the vanilla, then fold in the stiffly beaten egg-whites. Bake in a greased loaf-cake tin in a

moderate oven (380° F.) for forty-five minutes. Cover with any desired icing.

CHOCOLATE NUT CAKE

⅔ cup butter or shortening
2 cups sugar
4 eggs
1 cup mashed potatoes
2 squares chocolate
2 cups flour
3½ teaspoons baking-powder
1 teaspoon cinnamon
½ teaspoon mace
½ teaspoon grated nutmeg
½ teaspoon ground cloves
1 cup chopped nut-meats
½ cup milk

Cream the butter or shortening and one cup of sugar. In another bowl, beat the egg-yolks with the remaining cup of sugar. Combine the two mixtures. Have ready the hot mashed potatoes, which should be without lumps, add to them the melted chocolate and combine with the first mixture. Mix and sift the dry ingredients and add the nut-meats. Add to the cake mixture, alternating with the milk. Fold in the stiffly beaten whites. Bake in a loaf pan in a moderate oven (380° F.). When cool, cover with marshmallow frosting or boiled frosting. This is a large moist cake, which will keep well.

CHOCOLATE LOAF CAKE

2 tablespoons butter or shortening
1 cup sugar
2 tablespoons grated chocolate
2 cups flour
2 teaspoons baking-powder
1 cup milk
2 cups seeded raisins
12 black walnut-meats
½ teaspoon vanilla extract

Cream the butter or shortening; add the sugar and continue creaming. Melt the chocolate over hot water, and add. Mix and sift the flour and baking-powder and add alternately with the milk. Add the raisins, broken nut-meats well floured, and the flavoring. Mix well. Bake in a loaf pan 360° F. for forty-five minutes. When cool, frost with boiled or chocolate frosting.

CHOCOLATE SOUR-MILK CAKE

½ cup butter or shortening
1 cup sugar
3 eggs
½ cup sour milk
2 cups flour
⅓ teaspoon soda
⅓ cup hot water
1 square chocolate

Cream butter or shortening and sugar; add eggs well beaten, and the milk. Add sifted flour. Dissolve the soda in the hot water and add grated chocolate to this mixture. Beat the mixture smooth and put in a well-greased loaf pan. Bake in a moderate oven (380° F.) for forty-five minutes.

FUDGE CAKE

⅓ cup butter or shortening
1½ cups sugar
3 eggs
2½ cups flour
2 teaspoons baking-powder
¼ teaspoon salt
½ cup cocoa
1 cup milk
1½ cups chopped walnut-meats
1½ teaspoons vanilla

Cream the butter or shortening and sugar; add the well-beaten egg-yolks. Mix and sift the dry ingredients and add alternately with the milk. Stir in the chopped nut-meats, well floured, and add the flavoring. Fold in the stiffly beaten egg-whites. Bake in layer-cake tins in a moderate oven (380° F.) for forty-five minutes. When cold, spread chocolate frosting between layers and on top.

NUT CAKE

½ cup butter or shortening
1 cup sugar
2 cups flour
2 teaspoons baking-powder
¾ cup milk
1 cup chopped nut-meats
4 egg-whites

Cream butter or shortening and add the sugar. Mix and sift the dry ingredients and add alternately with the milk. Add nut-meats, well floured, and fold in the egg-whites. Bake in a square loaf pan at 380° F., and frost the top when cool, using any desired icing.

GOLDEN CAKE

¼ cup butter or shortening
½ cup sugar
3 egg-yolks
1 cup flour
2 teaspoons baking-powder
¼ cup milk
1 teaspoon orange extract

Cream the butter or shortening and add the sugar gradually. Beat the yolks until thick and lemon-colored. Mix and sift the dry ingredients and add to the first mixture alternately with the milk. Flavor. Bake as loaf or layer cake, in a moderate oven (380° F.) for forty-five minutes.

LADY BALTIMORE CAKE

(From a famous recipe)

6 eggs
Pinch of cream of tartar
Pinch of salt
Sugar
Flour
1 teaspoon baking-powder
2 cups milk
2 ounces grated chocolate (about 10 tablespoons)
4 ounces granulated sugar (about 8 tablespoons)
4 ounces almond paste (about 8 tablespoons)
4 egg-yolks
¼ pound shredded citron
½ cup pecan nut-meats
Soft boiled frosting flavored with vanilla

This cake is made in three parts: cake, chocolate-cream filling and nut cream.

For the cake, weigh five eggs and take their weight in sugar (about one and one-fourth cup), weigh three eggs and take their weight in flour (about one and one-half cup). Separate whites from yolks of six eggs, add cream of tartar and salt to the whites and beat until very stiff and dry. Beat the yolks as dry as possible, and add to them the sugar, then fold in the whites quickly. Sift the flour three times, with the baking-powder, and whip into the mixture. Bake about three-quarters of an hour in an oven that slowly rises in temperature, keeping a piece of paper over the top of the pan. When cold, cut into three layers, with a sharp knife.

For the chocolate cream, heat one cup of milk in a double boiler with two ounces of sugar and two ounces of almond paste, add the chocolate, melted, and the beaten yolks of two eggs. Set aside to cool.

For the nut cream, heat one cup of milk in the double boiler with two ounces of sugar and two ounces of almond paste, add the shredded citron and the pecan-meats ground in a vegetable grinder, and thicken with two egg-yolks.

When both creams are cool enough, spread the layers, using the nut filling for the bottom layer, the chocolate for the second and the boiled frosting for the top of the cake.

The almond paste may be bought at a confectioner's, or the almonds may be blanched and pounded. One and one-third cup of shelled almonds makes four ounces of paste.

FIG LOAF CAKE

1 cup butter or shortening
2 cups brown sugar
4 eggs
3 cups flour
2 teaspoons baking-powder
¼ teaspoon salt
1 teaspoon cinnamon
½ teaspoon ground cloves
1 teaspoon nutmeg
1 cup water
½ pound finely cut figs
2 cups chopped raisins

Cream the butter or shortening and add the sugar. Add the eggs, well beaten. Mix and sift the dry ingredients and add alternately with the water. Add figs and raisins, dredged with a little of the flour. Bake in a greased loaf pan in a slow oven (320° F.) about two hours.

MARTHA WASHINGTON FRUIT CAKE

½ pound butter or shortening
1½ pounds sugar
6 eggs
1¾ pounds flour
1 teaspoon soda
¼ teaspoon salt
1 grated nutmeg
¼ teaspoon mace
2 cups sour cream
1 pound chopped raisins
1 pound well-cleaned currants
½ pound sliced citron
Juice and rind of 1 lemon

Cream the butter or shortening and add the sugar. Gradually add the well-beaten egg-yolks. Mix and sift the dry ingredients and add alternately with the cream. Add the raisins, currants, citron well floured, and lemon. Mix well. Fold in the stiffly beaten egg-whites. Turn into paper-lined loaf-cake pans and cover the tops with greased paper. Bake slowly at 320° F., about two and one-half hours.

WEDDING CAKE

4 pounds raisins
3 pounds currants
1 pound citron
1 pound flour
½ ounce mace
½ ounce cinnamon
½ ounce nutmeg
½ ounce ground cloves
1 pound butter or shortening
1 pound brown sugar
10 eggs
2 cups molasses
¼ cup strong coffee

Seed the raisins and chop them. Wash the currants and remove the little stems by vigorously rubbing them in a coarse towel,

then shake in a colander. Cut the citron into small pieces. Sift the flour and spices together so that they are thoroughly mixed. Rub the butter or shortening and sugar together until they are foamy. Beat the yolks until they are thick and lemon-colored, then add them to the fat and sugar. Add the molasses and coffee and stir well. Sift a little of the flour over the fruit and add the rest of it to the cake mixture, beating until smooth. Add the fruit and lastly fold in the beaten egg-whites. Put in deep cake pans lined with greased paper and bake in a slow oven (320° F.) for three or four hours. When cold, frost the top with boiled frosting, maple-sugar frosting, brown-sugar frosting, or coffee frosting.

APPLE-SAUCE CAKE

⅓ cup butter or shortening
1 cup sugar
1½ cups thick sweetened apple sauce
2 cups flour
1 teaspoon soda
Pinch of salt
Spices to taste
1 cup raisins

Cream butter or shortening and sugar together, then add the apple sauce. Mix and sift flour, soda, and spices, then the raisins. Mix well. Bake in well-greased loaf pan at 380° F. for about forty-five minutes.

TRUE SPONGE CAKE

6 eggs
1 cup sugar
1 tablespoon lemon-juice
½ teaspoon grated lemon-rind
1 cup flour

Separate the whites and yolks of the eggs, beat the yolks until thick and lemon-colored, add the sugar gradually, then add the lemon-juice and rind. Cut and fold in the sifted flour and cut and fold in the stiffly beaten egg-whites. Bake in an ungreased pan in a very moderate oven, 300° to 350° F.

MOCK SPONGE CAKE

3 eggs
1 cup sugar
½ cup cold water
1½ cups flour
1½ teaspoons baking-powder
¼ teaspoon salt
½ teaspoon vanilla

Beat the eggs, add the sugar and beat well. Add the water, alternating with the sifted dry ingredients, then the vanilla. Bake in an ungreased pan in a moderate oven (350° F.).

ANGEL CAKE

9 egg-whites
1 teaspoon cream of tartar
1 cup sugar
⅞ cup flour
⅛ teaspoon salt
1 teaspoon vanilla

Beat the whites of the eggs to a froth, add the cream of tartar and beat till the eggs are stiff but not dry, then gradually add the sugar (which has been sifted twice), beating after additions. Sift the flour with the salt five times and fold it into the mixture. Add the vanilla. Bake in an ungreased angel-cake tin in a very moderate oven (250-320° F.) for forty-five minutes. Be careful not to jar or disturb while baking. Remove from the oven, turn the pan upside down on a wire netting or with a knife handle or some other small article inserted under the edge of the pan to permit steam to escape, and let it stand until the cake falls out. Ice placed on the bottom of the tin will hasten the release of the cake.

MOCK ANGEL CAKE

1 cup sugar
1 cup flour
¼ teaspoon salt
2 teaspoons baking-powder
1 cup milk
2 egg-whites

Put dry ingredients into a bowl, mixing and sifting well. Scald the milk in a double boiler. Stir quickly into the dry ingredients, and take care to have no lumps. Beat the egg-whites until stiff and fold them into the batter. Bake in a loaf pan in a moderate oven (350° F.) for forty-five minutes.

JELLY ROLL

3 eggs
¾ cup sugar
5 tablespoons milk
1½ cups flour
1 teaspoon baking-powder
¼ teaspoon salt
1 tablespoon lemon extract
½ pint jelly

Beat the yolks of the eggs until light, then add the sugar. Stir well and add the flour and baking-powder sifted together, alternately with the milk. Add flavoring. Grease a long shallow pan

of the size usually used in roasting meats. The batter should be one-fourth inch deep, for if it is thicker the cake will not roll easily. Make six to eight minutes in a moderate oven (350° F.), watching closely, as it bakes quickly. When done, remove from the oven, and when cool enough to handle, turn out on to a cloth. Cut off the side crusts, spread the jelly over the surface, roll up and wrap the cloth about it to keep it in shape. If the cake was spread too thick in the pan and will not roll, cut it into three parts and lay one upon the other with jelly between. This makes a most delicious layer cake. In this case, frost with a boiled frosting, and sprinkle with a layer of coconut.

CAKE FILLINGS AND FROSTINGS

CHOCOLATE FILLING

1½ squares chocolate
¼ cup milk
1 cup brown sugar
1 egg-yolk
½ teaspoon butter
1 teaspoon vanilla

Melt the chocolate over hot water, in a double boiler; add the milk, and cook together, stirring until the mixture is thick and creamy. Add sugar and beaten egg-yolk, stir until smooth and cook five minutes. Add the butter. Beat well. Remove from heat and add flavoring. Cool before spreading on cake.

COCONUT FILLING

½ cup milk
1½ cups shredded coconut
2 egg-whites
4 tablespoons confectioners' sugar

Warm the milk, pour it over the coconut and soak until well softened, usually one-half hour. Beat the egg-whites stiff and add the sugar gradually. Spread a thin coating of the egg and sugar mixture on the layer, then spread a covering of the moistened coconut. To what is left of the filling, add enough confectioners' sugar to thicken, stir in the remaining coconut and spread the mixture thickly over the top. Sprinkle the whole cake with dry coconut.

CREAM FILLING

1 tablespoon corn-starch
1 cup milk
1 egg-yolk
⅛ teaspoon salt
1 teaspoon vanilla
2 tablespoons confectioners' sugar
½ teaspoon butter

Mix the corn-starch with two tablespoons of the milk. Heat the rest of the milk in a double boiler and stir the corn-starch paste slowly into it. Stir the mixture until it is smooth and cook it for fifteen minutes. Add the beaten egg-yolk and cook two min-

utes longer. Remove from the fire and add the salt, sugar and butter. Beat well. Add flavoring. Cool before spreading on layers of cake.

LEMON FILLING

2½ tablespoons flour
½ cup cold water
1 egg-yolk
1 cup sugar
Juice and grated rind of 1 lemon
1 teaspoon butter

Make a smooth paste of the flour and two tablespoons of the cold water. Cook the rest of the water, the sugar, grated lemon-rind and butter. When the sugar is dissolved and mixture boiling, stir in the flour mixture slowly. Cook until clear and smooth, about fifteen minutes. Add lemon-juice and beaten egg-yolk and cook two minutes. Cool before spreading on cake.

PRUNE FILLING

¼ pound prunes
2 tablespoons gelatin
4 tablespoons cold water
½ cup sugar
½ cup rhubarb or canned pine-apple-juice
½ cup whipped cream

Wash the prunes, soak overnight in water to cover, and cook slowly until soft. Remove pits and rub pulp through a coarse sieve. Soak the gelatin in cold water. When soft, add it to the boiling prune pulp and stir until the gelatin dissolves. Add sugar and fruit-juice. When the filling has cooled, fold in the whipped cream.

CONFECTIONERS' FROSTING

1 egg-white
½ cup confectioners' sugar
½ teaspoon vanilla

Beat the egg-white stiff and add the sugar gradually; continue beating until the mixture is smooth and light. Add flavoring.

BOILED FROSTING

1 cup sugar
½ cup water
1 egg-white
½ teaspoon vanilla

Cook the sugar and water together, stirring until the sugar has dissolved. Then, without stirring, cook until the sirup will form

a thread when dropped from the tip of a spoon (or until it reaches 238° F.). Remove from the fire and cool while beating the egg-white stiff, then pour the sirup in a thin stream over the stiff white, beating the mixture constantly until thick enough to spread.

BROWN-SUGAR FROSTING

1 cup brown sugar
½ cup water
2 egg-whites
1 teaspoon vanilla or ½ teaspoon lemon extract

Make a sirup of the sugar and water and cook to the soft-ball stage (238° F.). Remove from the fire and cool while the egg-whites are beaten, then pour the sirup in a thin stream on to the stiff whites, beating the mixture constantly until thick enough to spread. Add the flavoring. Chopped nuts may be stirred into the frosting just before spreading.

CHOCOLATE FROSTING

1 square chocolate
3 tablespoons sugar
1 tablespoon water
1 egg-white
8 tablespoons confectioners' sugar
½ tablespoon vanilla

Cook the chocolate, sugar and water together, stirring until the mixture is smooth and glossy. Beat the white of the egg enough to thin it, but not to make it frothy; add the sugar, stir until smooth and light, then add the chocolate mixture and vanilla. Cool before spreading on the cake.

COCONUT FROSTING

2 cups sugar
½ cup water
1 teaspoon butter
1 teaspoon vanilla extract or ½ teaspoon lemon extract
½ cup shredded or grated coconut

Boil sugar and water to the soft-ball stage (238° F.), then add butter and cook until thick enough to spread. Add flavoring. When cool spread on cake and sprinkle coconut over the top.

CANDIES

CHOCOLATE FUDGE

2 cups sugar
1 or 2 squares chocolate
⅛ teaspoon cream of tartar or 2 tablespoons corn sirup or glucose
⅔ cup milk
1 teaspoon vanilla
1 tablespoon butter

Mix the sugar, milk, grated chocolate, cream of tartar or corn sirup and boil rather slowly, stirring until the ingredients are well blended. Boil to the soft-ball stage, or 236° F. Remove from the stove, add the butter, but do not stir it in. When lukewarm, add the vanilla and beat until it creams; that is, until the shiny appearance disappears and the fudge holds its shape. Spread it in a buttered pan and when it hardens mark it into squares.

MAPLE FUDGE

2½ cups maple sugar
1 cup milk
½ cup boiling water
1 cup broken nut-meats

Break the maple sugar into small pieces and heat it in a saucepan with the water. When it is dissolved, add the milk. Boil to the soft-ball stage, or 236° F. Remove from the fire and cool. When it is lukewarm, beat until it creams and add the nut-meats. Spread it in a buttered pan and when it hardens mark it into squares.

FUDGE WITH MARSHMALLOW CREAM

2 cups sugar
2 squares chocolate
1 cup water
½ teaspoon salt
4 tablespoons marshmallow cream
1 teaspoon vanilla

Put the sugar, water, grated chocolate and salt into a saucepan and stir until the sugar is dissolved. Boil slowly to the soft-ball

stage, or 236° F. Remove from the fire, pour it over the marshmallow cream in a bowl, but do not stir. When it is lukewarm, add the vanilla and beat until it is creamy. Pour into buttered pans and when it hardens mark it into squares.

PENOCHE

3 cups brown sugar
1 cup milk
1 tablespoon butter
1 teaspoon vanilla
1 cup nut-meats

Put the sugar and milk into a saucepan and cook to the soft-ball stage, or 236° F. Remove from the fire, add butter and vanilla, and cool without stirring. When it is lukewarm, beat until it is creamy. Stir in the broken nut-meats. Hickory nuts or English walnuts are especially nice. Pour into a buttered pan and when it hardens mark into squares.

FONDANT

2 cups granulated sugar
1 cup water
1 teaspoon vanilla
2 tablespoons corn sirup or ⅛ teaspoon cream of tartar

Put the sugar, corn sirup and water in a saucepan and heat slowly. Do not let it begin to boil until the sugar is dissolved. Wash down the sides of the pan with a fork wrapped in a damp cloth or else cover and cook for two or three minutes so that the steam will carry down the crystals that have been thrown on the side of the pan. Remove the cover and continue to boil slowly without stirring to the soft-ball stage, or 238° F. While cooking, keep the cover on part of the time so the steam can help to keep the crystals washed down.

Remove from the fire and pour at once on large platters or slabs which have been wet with water, and let it stand until it is lukewarm. Cream thoroughly; then knead with the hands until it is smooth and free from lumps. Fondant is better if allowed to ripen for several days. It may be wrapped in waxed paper and put in a tightly covered jar.

WINTERGREEN CREAMS

Melt a portion of fondant in the upper part of a double boiler until it is soft enough to drop from a spoon. It may be neces-

sary to add a few drops of hot water. Color it with red vegetable coloring to a delicate pink. Flavor with oil of wintergreen. Stir until it is creamy. Drop from a teaspoon on oiled paper.

VANILLA CARAMELS

2 cups sugar
½ cup corn sirup
½ cup milk
1 teaspoon vanilla
4 tablespoons butter
1 cup cream or condensed milk

Cook the ingredients, except the vanilla, to the firm-ball stage, or 246° F. Remove from the fire, add the vanilla and pour into a buttered pan. When it is cold, turn it out of the pan and cut it into squares.

MOLASSES TAFFY

2 cups molasses
1 cup granulated sugar
¾ cup water
⅛ teaspoon soda
4 tablespoons butter
½ teaspoon vanilla

Cook the molasses, sugar and water slowly to the hard-ball stage, or 260° F., stirring during the latter part of the cooking to prevent its burning. Remove from the fire, add the butter, soda and vanilla and stir enough to mix. Pour into a greased pan and, when cool enough to handle, pull it into a long rope and cut with scissors into small pieces.

NOUGAT

2 cups sugar
⅓ cup corn sirup
1 cup water
4 egg-whites
1 teaspoon vanilla
1½ cups nut-meats
½ cup candied cherries

Boil together one-half the sugar, half of the water and half of the corn sirup to the crack stage, or 280° F. Remove the sirup from the fire and pour it slowly over the well-beaten whites and continue beating until it is cool. While beating, cook the remaining half of the ingredients to the crack stage, or 280° F. Remove and add at once to the first mixture, beating while adding. When cool, add the vanilla, nut-meats and candied cherries and pour into buttered pans. Smooth over the surface and let it stand overnight before cutting. In the morning cut and wrap in oiled paper.

POPCORN BALLS

3 quarts popped corn
1 cup sugar
⅓ cup white corn sirup
1 cup water
¼ teaspoon salt
1 teaspoon lemon or vanilla

Discard all imperfect kernels of corn. Put the corn into a large pan. Cook sugar, sirup and water to the crack stage, or 270° F. Add flavoring and salt. Pour slowly over the corn, stirring with a spoon so that all kernels will be evenly coated. Shape the corn into balls and lay on waxed paper. Wrap in waxed paper, if desirable.

PEANUT BRITTLE

2 cups granulated sugar
1 pint chopped peanuts
1 teaspoon salt

Put the granulated sugar into an iron frying-pan and heat slowly until the sugar is melted and turns a light brown, or slightly above 300° F., stirring constantly. Have in readiness the finely chopped peanuts, sprinkled with the salt. Place these in a buttered tin, warm slightly and pour over them the melted sugar.

GLACÉ FRUITS

2 cups sugar
1 cup water
Fruit
2 tablespoons lemon-juice or
⅛ teaspoon cream of tartar

Make a sirup of the sugar and water. Boil, without stirring, to the hard-crack stage, or 300° F. Remove the saucepan from the fire and set it in an outer pan of boiling water to prevent the sirup from hardening. Add the lemon-juice. Dip the fruits, one at a time, into the hot sirup. Remove and place on an oiled paper to dry.

FRUIT DESSERTS

STUFFED PEACHES

Pare large peaches and cut a slice from the top of each. Remove the pits without breaking the fruit and fill hollows with any chopped fruit, such as apples, citron, raisins, or with nuts. Sprinkle with sugar and a little cinnamon or nutmeg. Pour custard over the peaches and bake; or serve cold soft custard with the chilled fruit.

FRESH-FRUIT CUP

½ pineapple
1 cup strawberries
3 bananas
3 oranges
2 tablespoons lemon-juice
Sugar

Peel and dice the pineapple, bananas and oranges. Wash and hull the strawberries. Mix all together, with the lemon-juice and sugar, and set on ice until very cold.

MACEDOINE OF FRUIT

3 peaches
3 pears
½ cup diced pineapple
½ cup diced watermelon
1 cup raspberries
⅓ cup sugar

Pare and slice peaches and pears, cut pineapple and melon in small pieces, mix fruit and sugar, and chill for one hour. Serve in glasses, adding one tablespoon whipped cream to each glass just before serving. A berry or piece of pineapple placed on the cream gives color to the dish.

BLUSHING APPLES

6 red apples
1½ cups sugar
1½ cups water
Whipped cream

Core the apples. Cook in sirup made of sugar and water, turning so that they will cook evenly until they are tender. Carefully

remove the skin, scraping the red pulp from it and pasting on the sides of the apple. Put the apples in a serving-dish. Reduce the sirup to one cup, and add the grated rind and juice of one orange, the juice of one lemon, and if desired, nuts, candied orange-peel, or raisins. Pour sirup over apples and serve with whipped cream.

BAKED STUFFED APPLES

6 large tart red apples
1 cup chopped bananas
1 cup chopped cranberries
1 cup sugar
1 teaspoon cinnamon
Chopped nut-meats
Whipped cream

Cut off the stem end of the apples, but do not peel them. Remove all the core and part of the pulp, leaving the walls of the cup about three-fourths inch thick. Mix bananas, cranberries, sugar, and cinnamon. Fill the cavities in the apples with this mixture, cover with chopped nut-meats, and bake in the oven until tender. Serve cold with a spoonful of whipped cream on top of each apple.

STUFFED BAKED PEARS

Pare and core large pears and stuff with seeded dates, raisins or chopped nuts with some tart marmalade or shredded coconut. Place close together in a baking-dish, cover bottom of pan with water and bake slowly until tender.

MERINGUED PEARS

6 large pears
6 tablespoons sugar
Grated lemon-rind
Candied ginger
3 egg-whites
¼ cup powdered sugar

Pare and core the pears, place them in a baking-dish and fill the centers with one tablespoon sugar, a little grated lemon-rind or candied ginger. Add three or four tablespoons of water and bake until tender. Cover them with a meringue made with the stiffly beaten whites of eggs and the sugar. Brown quickly.

GELATIN AND CREAM DESSERTS

GRAPEFRUIT À LA ST. PATRICK

1 ounce (2 tablespoons) granulated gelatin
½ cup cold water
½ cup boiling water
Fresh mint
¾ cup sugar
1 cup ice-water
2 cups grapefruit pulp and juice
Maraschino cherries

Keep the grapefruit skins, in halves. Simmer a few sprigs of fresh mint in the boiling water until the flavor is extracted. Follow the standard directions for making jelly. When jelly is firm, cut it into cubes, pile the cubes in the grapefruit shells and garnish with sprigs of mint and cherries.

RAISIN EGGS

1 ounce (2 tablespoons) granulated gelatin
½ cup cold water
½ cup boiling water
¼ cup sugar
3 tablespoons lemon-juice
2½ cups pineapple-juice and pulp
1 cup steamed and chopped raisins

Follow directions on package for making jelly. When it is beginning to set, add the raisins. Pour into molds the shape of half eggs or into large spoons and place in a cold place until firm, then remove from the molds and form into the shape of eggs by putting halves together with a little soft gelatin. Let stand in a cold place to stiffen.

JELLIED PRUNES

1 ounce (2 tablespoons) granulated gelatin
½ cup cold water
½ cup boiling water
¾ cup sugar
2 tablespoons lemon-juice
½ pound prunes
2 cups water
Cream

Wash the prunes, soak overnight in the water and cook until tender in the same water. Drain, reserving the liquid. Remove the stones and cut the prunes in quarters. Mix prune-juice and pulp and add boiling water, if necessary, to make two cups. Chill and add lemon-juice. Follow directions on package for making jelly. This may be served with whipped or plain cream.

MONT BLANC

1 pound large chestnuts (Italian chestnuts are best for this)
½ teaspoon salt
¾ cup sugar
Whipped cream

Put the chestnuts into the oven for a moment, until the shell and inner skin can be easily removed. Boil the skinned chestnuts in water with the salt and three tablespoons of the sugar, until they are very tender. Add one-half cup sugar to the water and chestnuts and let stand until thoroughly cold. Remove chestnuts from this sirup and run them through a potato-ricer on to a platter, mounding it high. Save a few of the finest whole pieces to decorate the dish. Top it all with a spoonful of sweetened whipped cream, and put a border of whipped cream around the edge of the dish, dotting it with the whole nuts here and there.

MACAROON BISQUE

1 cup heavy cream
Powdered sugar
Vanilla
18 macaroons
6 Maraschino cherries

Whip a cup of cream until stiff, sweeten with powdered sugar and flavor lightly with vanilla. Stir in six macaroons broken in small pieces, but not powdered. Pile in sherbet glasses with a border of the whole macaroons and decorate with marshmallows or Maraschino cherries. This is an excellent emergency dessert.

PINEAPPLE AMBROSIA

1 fresh pineapple
½ pound marshmallows
1 cup heavy cream
2 tablespoons sugar
1½ tablespoons lemon-juice

Shred the pineapple with a fork. Cut the marshmallows into small pieces, using a pair of scissors. Mix the pineapple and

marshmallows and let stand on ice until thoroughly chilled. Just before serving, whip the cream and add the sugar to it. Add lemon-juice to the pineapple mixture and then fold in the whipped cream. Serve immediately in individual glasses or in a large dessert dish.

PEACH FLUFF

1 cup sugar
1 cup thick cream
2 egg-whites
4 cups sliced peaches

Add half the sugar to the cream, stir until the sugar is dissolved, and then add the whites of the eggs beaten stiff. Place the sliced peaches in a dish, sprinkle them with the remainder of the sugar, pour on the cream mixture, and serve at once. The success of this depends upon its being thoroughly chilled when served. The cream, eggs and fruit should be placed on ice at least two hours before the dish is to be prepared, and the latter should be sent to the table as quickly as possible, being kept in the ice-box until needed.

Apple fluff or berry fluff may be made in the same way.

FIG PUFF

1 cup cream
1 egg-white
1 tablespoon grapefruit marmalade
2 tablespoons powdered sugar
Chopped figs
Maraschino cherries
Shredded almonds

Whip the cream until thick. Beat the egg-white until stiff, then combine with the cream and add the sugar and marmalade. Stir chopped figs into the mixture until it becomes very thick. Pack in long-stemmed glasses. This may be garnished by sprinkling the top with macaroon crums. Arrange a half maraschino cherry with radiating strips of almonds in the center of each.

PUDDINGS

PRUNE SOUFFLÉ

12 large prunes
3 egg-whites
3 tablespoons powdered sugar

Soak prunes overnight and stew in the same water until tender. Remove stones and mash to a smooth pulp. Beat the egg-whites until stiff, fold in the sugar and then the prune pulp. Turn into a greased baking-dish and bake in a slow oven (300° F.) about twenty minutes. Serve at once with cream, soft custard or any desired sauce.

CHOCOLATE SOUFFLÉ

1 cup scalded milk
3 tablespoons flour
2 ounces grated chocolate
1 tablespoon fat
⅓ cup sugar
3 eggs

Make a sauce of the milk, flour, chocolate, fat and sugar. Stir in the egg yolks, and fold in the beaten egg-whites. Proceed as in Prune Soufflé.

BROWN BETTY

¼ cup melted butter
1 pint bread-crums from center of loaf
1 pint sliced apples
½ cup fruit-juice or water
½ cup sugar or molasses
Juice and grated rind of lemon or orange

Arrange alternate layers of buttered bread-crums and thinly sliced apples in a pudding-dish, sprinkle with sugar and a little cinnamon or other spices. Finish with crums and pour mixed molasses and water or fruit-juice over all. Cover and bake for one-half hour, remove the cover and bake three-fourths of an hour more.

Stewed peaches, apricots or rhubarb make a good substitute for the apples in this pudding.

PEACH BETTY

6 large peaches
4 tablespoons butter
⅔ cup raspberry-juice
½ cup fine bread- or cake-crums
2 tablespoons sugar

Cut the peaches in halves, removing the stones. Place the halves in a baking-dish, hollow side up, and put one teaspoon butter or butter substitute in each half. Pour half of the fruit-juice over the peaches; sprinkle with crums and sugar, arrange the second layer and bake, basting occasionally with the remaining juice. Serve the peaches in the hot baking-dish.

ORANGE AND RICE

Pare oranges, cut in halves crosswise and remove the core. Cook the halves in a sirup made from equal parts of sugar and water, to which a little lemon-juice has been added, until they are tender but not broken. Place around a mound of boiled rice and pour the sirup over the whole. Serve with plain or whipped cream, or a custard sauce.

CREAM RICE PUDDING

3 tablespoons rice
1 tablespoon sugar
1 quart milk
½ teaspoon salt
½ teaspoon cinnamon or nutmeg

Wash the rice thoroughly, add the other ingredients and pour into a greased baking-dish. Bake for three hours in a slow oven, stirring several times during the first hour. The mixture should not boil. Serve either hot or cold.

This is the old-fashioned creamy pudding which has such a delicious flavor because of the long slow cooking. One-half cup of raisins may be added, if desired.

INDIAN PUDDING

1 quart milk
⅓ cup corn-meal
½ cup raisins
½ teaspoon cinnamon
½ cup brown sugar
½ teaspoon salt
½ teaspoon ginger
1 egg

Place the milk in a double boiler and when it is scalding hot add the meal, moistened with cold water, and stir constantly to avoid lumps. Cook for twenty minutes. Turn into a pudding-dish and

add all the other ingredients except the egg. Stir well and when the mass has cooked somewhat stir in the beaten egg. Bake for one hour in a rather slow oven and serve hot with hard sauce or any desired sauce. One-half cup dates or figs may be used instead of the raisins.

BREAD PUDDING

2 cups stale but not dry bread
1 quart milk
¼ teaspoon salt
2 eggs
½ cup sugar
1 teaspoon vanilla

Soak the bread in the milk until it is very soft, then mash it fine. Heat together until nearly boiling. Beat the eggs until light and add to them the sugar, salt and vanilla. When well mixed, stir this into the bread and milk, pour the whole into an earthenware baking-dish, set in a pan of water, and bake three-fourths of an hour in a rather slow oven.

For chocolate bread pudding, melt two squares of chocolate over hot water and add this to the soaked bread and milk.

For bread pudding with raisins, add one-half cup raisins.

COCONUT PUDDING

½ cup bread-crums
½ cup coconut
2 cups milk
1 egg
3 tablespoons sugar
½ teaspoon salt
1 tablespoon butter

Soak the bread and coconut in the milk until soft, then mash and add the sugar, salt and melted fat. Beat the white and yolk of the egg separately; add the yolk to the mixture, then fold in the white. Pour into a greased baking-dish, set in a pan of hot water and bake in a moderate oven about thirty minutes.

QUEEN OF PUDDINGS

2 cups stale but not dry bread-crums
1 quart scalded milk
3 eggs
½ cup sugar
Currant jelly or plum jam
2 tablespoons sugar for meringue

Soak the crums in the hot milk until soft; then add the egg-yolks mixed with the sugar, pour into a baking-dish set in a pan of water, and bake in a moderate oven about an hour, or until

custard is set. When cool, spread a thick layer of the jelly or jam over the top. Beat the egg-whites until stiff, add the sugar gradually and beat until stiff, spread this meringue on top of the jam and place in the oven until a delicate brown. Serve hot or cold, with cream.

ORANGE AND MACAROON PUDDING

⅓ pound almond macaroons
1 pint milk
4 eggs
½ cup sugar
2 oranges

Soak the almond macaroons in the milk until soft. Beat the eggs and add to them the sugar and the grated rind of one orange. Do not grate in any of the white pith, as it spoils the flavor. Stir the mixture carefully into the macaroons and add the juice of two oranges. Pour into an oiled mold and set on a stand or ring in a kettle of boiling water. Simmer steadily for an hour. Serve hot with orange sauce.

FRUIT SHORTCAKE

2 cups flour
4 teaspoons baking-powder
½ teaspoon salt
1 tablespoon sugar
⅓ cup shortening
¾ cup milk
Butter

Mix and sift the dry ingredients and work in the shortening with the fingers or a knife. Gradually add enough milk to make a soft dough, mixing with a knife. Toss the dough on to a floured board and tap and roll to one-half inch thickness. Bake in sheets for a large shortcake or cut with a biscuit cutter for individual shortcakes. Bake in a hot oven for twelve minutes. When done, split into two parts, butter and put sweetened fruit between the layers and on top. Serve hot with cream.

Any fresh berries, peaches, oranges, bananas, or stewed fruits, fresh or dried, may be used for shortcake.

NEW ENGLAND PANDOWDY

Fill a deep earthen or porcelain-lined pudding dish with peeled and cored tart apples. Add one or two tablespoons water to make a little juice, sprinkle with sugar, season with nutmeg or cinnamon and cover with a baking-powder biscuit crust. Bake in a moderate oven (350° F.) for 40 minutes, and serve with a sauce

of thick cream well sweetened with ordinary sugar or scraped maple sugar. Any sweetened stewed, canned or fresh fruit may be used instead of the apples.

STEAMED PUDDINGS

SUET PUDDING

3 cups sifted flour
1 teaspoon soda
1 teaspoon cinnamon
1 teaspoon cloves
½ teaspoon grated nutmeg
1 teaspoon salt
1 cup suet
1 cup sour milk
1 cup molasses
1 cup raisins

Mix and sift the dry ingredients, keeping one-half cup of flour to sift over the raisins. Chop the suet fine and add it to the milk and molasses. Combine the two mixtures and add the raisins which have been dredged with flour. Grease pudding molds or baking-powder cans and fill two-thirds full of the mixture. Cover and steam for three hours. Serve with hard sauce or any desired liquid sauce.

STEAMED CHOCOLATE PUDDING

2 cups flour
4½ teaspoons baking-powder
¼ teaspoon salt
1 cup corn sirup
½ cup water
½ cup hot mashed potatoes
1 egg
2½ squares chocolate
3 tablespoons butter

Mix and sift the flour, baking-powder and salt. Mix the sirup with the water and add to the flour mixture. Stir in the mashed potatoes and the beaten egg. Add the chocolate, which has been melted over hot water, and the melted fat. Mix well, pour into greased individual molds and steam two hours. Serve with any desired sauce.

STEAMED CHERRY PUDDING

2 cups cherries
½ cup shortening
1 cup sugar
2 eggs
2½ cups flour
4 teaspoons baking-powder
1 cup milk

Cream the fat and sugar and add the beaten eggs. Sift together the flour and baking-powder and add to the first mixture alter-

nately with the milk. The cherries should be stoned and the juice drained off. Stir the cherries into the dough, turn it into greased individual molds and steam for one hour. Serve with a cherry sauce.

DATE PUDDING

1 pound dates
½ pound beef suet
3 cups bread-crums
¾ cup sugar
1 egg
½ cup milk
4 tablespoons flour
2 teaspoons baking-powder

Chop the dates and suet very fine. Mix the suet with the bread-crums. Add the dates and the sugar. Stir in the egg, add milk, and flour in which has been sifted the baking-powder. Put in a greased mold and steam for three hours. Serve with any desired sauce.

ENGLISH PLUM PUDDING

1 pound chopped suet
2 pounds raisins
1 pound currants
1 pound mixed peel
2 cups flour
2 cups crums
1 teaspoon mixed spices
2 cups brown sugar
8 eggs

Mix the suet, the fruit and the chopped peel and dredge with some of the flour. Mix together the remaining flour, crums, spices and sugar, and add the well-beaten eggs. Stir the fruit and suet into this mixture and mix the whole thoroughly. Put into greased molds or into pudding cloths. Drop into a kettle of boiling water and boil from five to seven hours, according to the size of the pudding. Serve with hard sauce or any desired liquid sauce.

PEAR CONDÉ

1 cup rice
2 cups boiling water
1 teaspoon salt
1 cup milk
3 pears
1 quart raspberries or strawberries
1 cup sugar

Wash the rice and cook it in the boiling water until the water is absorbed, then add the salt and milk and continue cooking until the rice is soft. Put into small molds and chill. Turn out and serve on a platter surrounded by halves of pears. Fill the pear cavities with one-half the fresh raspberries or strawberries, crushed and sweetened. Pour the remainder of the crushed, sweetened

berries over the rice and pears. A spoonful of whipped cream with each serving is a great addition to this dish.

PEASANT GIRL WITH A VEIL

2 cups dried crums 1 cup tart jam Whipped cream

This is a delicious Danish pudding. Crumble bits of graham or rye bread to make fine crums. Add a little sugar to the crums and heat them in slow oven until they are very dry. Cool and mix with any kind of jam, preferably a tart jam like apricot or plum. Mold, chill and serve with whipped cream.

FRUIT CHARLOTTE

Line cups with triangular pieces of sponge cake and chocolate cake, alternating. Fill the center with slices of orange and peach. Chill, turn out on a serving-plate and surround with whipped cream and blackberries. Put a spoonful of whipped cream on top and serve very cold.

PLAIN SOFT CUSTARD

2 cups scalded milk
2 whole eggs or 4 egg-yolks
⅛ teaspoon salt
4 tablespoons sugar
½ teaspoon vanilla

Scald the milk in the top of the double boiler. Beat together slightly the eggs, sugar and salt. Add the hot milk to the egg mixture, mix thoroughly and return to the top of the double boiler. Cook over hot water, stirring constantly until the egg coats the spoon.

WAYS OF SERVING SOFT CUSTARD

Soft custard may be served in sherbet cups, frappé glasses or deep sauce dishes, garnished with whipped cream and pieces of tart jelly.

It may be poured over fresh fruit.

It may be poured over lady fingers or sponge cake and may then be garnished with meringue or whipped cream.

It may be served as a sauce for most gelatin dishes.

It is an excellent foundation for ice-creams.

If fresh milk is not available for custard making, an unsweetened canned milk or milk powder may be used with excellent results.

PUDDING SAUCES

HOT CHOCOLATE SAUCE

1½ cups sugar
½ cup water
¼ cup rich milk or water
4 squares unsweetened chocolate
½ teaspoon vanilla

Let sugar and water boil in a saucepan for five minutes. Cool partly and gradually stir in the chocolate which has been melted over hot water. Add the vanilla. Place in a double boiler or in a pan over hot water until ready to serve. At the last moment, add the milk. (If to be used with ice-cream, use water instead of milk.)

HOT MAPLE SAUCE

½ cup water
½ cup English walnut-meats
1 pound (2 cups) maple sugar or 2 cups brown sugar

Add the water to the maple sugar and boil until it reaches the "thread" stage. Add the English walnut-meats broken into small pieces. This sauce is good with vanilla ice-cream, blanc mange or custard.

LEMON SAUCE

½ cup sugar
1 tablespoon corn-starch
2 tablespoons lemon-juice
Nutmeg
2 tablespoons butter
1 cup boiling water

Mix the sugar and corn-starch, add the boiling water and a pinch of salt and boil until thick and clear. Continue cooking over hot water for twenty minutes. Beat in the butter, the lemon-juice and nutmeg. A grating of lemon-rind may be added.

FOAMY SAUCE

½ cup butter
1 cup confectioners' sugar
1 egg
2 tablespoons hot water
1 teaspoon vanilla

Cream the butter and gradually add the sugar, the egg, well beaten, and the hot water. Heat over hot water, beating continually until it thickens. Add the vanilla and serve.

PLUM PUDDING SAUCE

¼ cup butter
1 cup powdered sugar
2 tablespoons cider
2 eggs
½ cup rich milk or cream

Cream the butter and powdered sugar. Add the cider and the well-beaten yolks of the eggs. When well mixed, stir in the milk or cream. Cook in a double boiler until it is as thick as a custard and then gradually pour it into the beaten whites of the eggs, beating constantly.

HARD SAUCE

⅓ cup butter
1 cup powdered sugar
1 teaspoon vanilla or other flavoring

Cream the butter until very soft, then add the sugar and the flavoring. Set in a cool place until required for use. A grating of lemon-rind or nutmeg, or a sprinkle of powdered cinnamon may be used instead of vanilla. Cream or milk may be added, with more sugar to make more sauce. This sauce may be used with a hot pudding of any kind.

Granulated sugar, brown sugar or maple sugar may be substituted for the powdered sugar.

BERRY SAUCE

2 cups berries
1 tablespoon butter
1½ cups powdered sugar
1 tablespoon granulated sugar
1 egg-white

The small fruits, such as raspberries, blackberries or strawberries, make most satisfactory sauce for puddings. Place the berries in a bowl, add a tablespoon of granulated sugar and mash slightly to draw out the juices, setting the bowl in a moderately warm room. Beat the butter to a cream, add the powdered sugar and when thoroughly mixed add the beaten white of the egg. Combine with the mashed berries just before serving. Serve with ice-cream, berry puddings or cottage pudding.

ICE-CREAMS AND FROZEN DESSERTS

AMERICAN ICE-CREAM

1 pint milk
2 tablespoons flour
2 tablespoons water
¾ cup sugar
2 egg-yolks
1 cup heavy cream
1 teaspoon vanilla

Scald the milk, stirring constantly. Mix the flour and cold water to a smooth paste and add to it slowly the scalded milk, continuing the stirring. When thickened, cook over hot water for about fifteen minutes. Add sugar and beaten egg-yolks and cook two minutes. Strain the custard through a fine sieve and, when cold, add the cream and vanilla and freeze. This makes a smooth, rich cream.

For variation, use dark-brown sugar or maple sugar instead of the white sugar.

FRENCH ICE-CREAM

6 egg-yolks
5 cups medium cream
¾ cup sugar
Vanilla bean

Scald the cream with a piece of vanilla bean. Beat the egg-yolks, add the sugar and pour the cream slowly on the mixture, beating constantly. Cook in a double boiler until it thickens, watching it carefully. Cool and freeze.

CHOCOLATE PECAN CREAM

1 square chocolate
⅔ cup sugar
2 tablespoons boiling water
2 cups thin cream
1 cup pecan nut-meats
⅔ teaspoon vanilla
⅛ teaspoon salt

Melt the chocolate, add sugar, and cook with water until smooth and glossy. Add the cream slowly, then the salt, the pecan-meats crushed into small pieces, and the vanilla. Cool and freeze.

Serve with a topping of whipped cream and a few pecan-meats. Other nuts may be used instead of the pecans, if desired.

FRESH-FRUIT ICE-CREAM

Prepare fruit by sprinkling sugar over it. Let it stand one hour, press through a coarse sieve and stir into American ice-cream when the cream is frozen to a mush.

If seed fruits, such as currants, are used, strain through a fine sieve or a piece of cheese-cloth and use the juice only. The juice can be put into the freezer with the cream and not served until later, as in the case of the mashed fruits.

Grated pineapple wtih the addition of a little lemon-juice makes a particularly fine fruit cream.

PEACH ICE-CREAM

1 pint milk
2 tablespoons flour
2 tablespoons water
1 cup sugar
2 egg-yolks
1 cup heavy cream
2 cups peach-pulp and juice

Make custard as directed for vanilla ice-cream. When cool, add the peach-pulp and juice, and freeze.

ICE-CREAM SANDWICHES

Devil's food, angel cake, sponge cake, butter cake, or éclair or cream-puff shells may be the foundation of many a delicious ice-cream sandwich. Between thin slices of any of the cakes, or between halves of pastry shells, place a serving of ice-cream of a flavor to blend well with the cake. Brick ice-cream, of course, is the easiest to cut. Cover with chocolate, butterscotch, marshmallow, or fruit sauce, either hot or cold, and top with nuts of various kinds, coconut, or pieces of fresh or canned fruit.

For example, between thin slices of gold or white cake place a serving of vanilla ice-cream and three or four tablespoons of crushed fresh strawberries. Over the whole pour plain marshmallow sauce or whipped cream and garnish with several tablespoons of crushed strawberries. Fill a cream-puff shell with peach ice-cream and pour over it a peach sirup, topped with whipped cream. Chocolate or vanilla ice-cream placed between layers of white cake or angel food is delicious covered with a thick fudge sauce.

MAPLE MOUSSE

1¼ cups maple sirup
½ cup sugar
5 cups cream
2 tablespoons gelatin
¼ cup cold water

Combine maple sirup, sugar and one cup of cream and bring to a boil, stirring constantly. Add the gelatin softened in water and dissolved over heat. Strain, cool in ice-water until the mixture thickens, then add the remainder of the cream, whipped stiff. Place in a mold, pack in ice and salt and let stand for four hours.

GRAPE ICE

⅔ cup sugar
1 cup grape-juice
¼ cup orange-juice
1½ cup water
2 tablespoons lemon-juice

Boil the sugar and water together for five minutes. Mix all the ingredients together, strain and freeze.

PINEAPPLE SHERBET

1 quart water
2 cups sugar
1 lemon
2 cups shredded pineapple, fresh or canned
2 egg-whites

Boil water and sugar together for five minutes. Chop pineapple (it may be put through a food-chopper if a pan is put below to catch the juice), scald it in the boiling sirup, and rub through a sieve. Cool, add lemon-juice and freeze to a mush. Add the beaten whites of the eggs and continue freezing.

CIDER FRAPPÉ

1½ cups sugar
1 pint water
1 quart sweet cider
2 cups orange-juice
½ cup lemon-juice

Boil sugar and water together for five minutes. Add cider and fruit-juices. Cool, strain and freeze to a mush.

CRANBERRY FRAPPÉ

1 quart cranberries
1 pint water
2 cups sugar
Juice of 2 lemons

Cook the cranberries and water together for ten minutes, then force through a sieve. Add the sugar and the juice of the lemons, cool and freeze to a mush.

MARSHMALLOW SAUCE

¾ cup sugar
¼ cup milk
½ pound marshmallows
2 tablespoons water

Boil the sugar and milk until the sirup threads. When almost cold, beat until thick and white. Set in boiling water and stir until thin enough to pour. Stir the marshmallows with the water in a double boiler until smooth. Pour the sirup over the melted marshmallows and beat together. Keep warm, but not hot.

HOT FUDGE CHOCOLATE SAUCE

1 cup sugar
½ cup water
½ teaspoon vanilla
1 square chocolate
1 tablespoon butter

Mix together the sugar, water and grated chocolate. Boil for five minutes. Cool slightly and add the butter and vanilla.

STRAWBERRY OR RASPBERRY SAUCE

¼ cup butter or butter substitute
1 cup powdered sugar
1 egg-white
1 cup strawberries or raspberries

Cream the butter or butter substitute, add the sugar gradually, the stiffly beaten egg-whites, and the mashed berries. Beat until well mixed and foamy. A little lemon-juice will improve the flavor.

PASTRY

APPLE PIE

4 to 6 tart apples
¼ cup water
1 egg-yolk
1 cup sugar
1 tablespoon butter
1 teaspoon nutmeg
Powdered sugar

Line a pie-pan with plain crust and fill with thinly sliced apples. Add the water and cover with a top crust, making it a little richer than the under one. This is easily done by rolling in bits of fat and folding the paste several times. Cut a few slits in the center of the top crust to allow steam to escape while cooking. Brush with beaten yolk of egg. When baked, and while still hot, remove the top crust carefully sprinkle sugar over the cooked apple and dot with butter or butter substitute. Replace the top crust and dust with powdered sugar. This is an old-fashioned method. Ingredients given make one pie.

DEEP-DISH APPLE PIE (ENGLISH)

4 to 6 tart apples
1 cup sugar
1 teaspoon cinnamon
1 teaspoon butter
1 cup hard sauce

Invert a heavy china cup in the center of a baking-dish. Fill the dish full of apples, pared, cored and cut in slices. Cover the dish with plain paste rolled a little thicker than usual, and slashed to allow the steam to escape. Bake for three-quarters of an hour, then remove from oven, and, with a knife, carefully pry up the crust and season with sugar, cinnamon and butter. When serving, slip the knife under the cup to allow the confined juice to mix with the apple. Serve the pie hot with a hard sauce.

MOCK CHERRY PIE

1 cup cranberries
½ cup seeded raisins
¾ cup sugar
1 tablespoon flour
1 teaspoon almond extract
1 teaspoon butter

Line a pie-pan with crust. Fill with cranberries, washed and cut in halves, mixed with chopped raisins. Sprinkle with mixture of sugar and flour, add almond extract, and dot with butter. Cover with a second crust, and bake.

RHUBARB MERINGUE PIE

5 to 8 stalks rhubarb
Flour
1 cup sugar
¼ cup water
2 egg-whites
1 tablespoon sugar for meringue

Line a pie-pan with plain paste. Cut into pieces sufficient rhubarb to fill the pan, and sprinkle with flour until each piece is quite white. Place the rhubarb in the pie-pan, adding one cup of sugar and a very little water. Bake slowly, and when done spread over the top the stiffly beaten whites of the eggs into which has been folded one tablespoon of sugar. Return to oven and brown lightly.

PRUNE PIE

1 cup cooked and pitted prunes
1 lemon, juice and grated rind
1 cup water or juice
1 tablespoon flour
½ cup sugar
2 tablespoons butter

Cook the prunes with the other ingredients until slightly thickened. Add a little cinnamon or nutmeg, if desired. Bake between two crusts. Shredded coconut may be added to the filling, for variation. Prune pie is delicious served with ice-cream or whipped cream. This amount makes a small pie.

BUTTERSCOTCH PIE

1½ cup milk
1 cup brown sugar
3 tablespoons corn-starch
2 eggs
2 tablespoons butter
2 tablespoons powdered sugar

Heat one cup of milk and the sugar until the sugar is free from lumps. Mix the corn-starch, one-half cup milk and egg-yolks and add to the hot mixture slowly. Cook in a double boiler until thick, stirring constantly, then for ten minutes longer. Add butter. When cool, pour into a baked shell. Cover with a meringue made from the stiffly beaten egg-whites and the powdered sugar. Brown in the oven.

As an attractive variation, cover the top of the pie with halves of marshmallows and brown in the oven. In this case, one whole egg instead of two yolks may be used in the filling.

CREAM PIE AND ITS VARIATIONS

1 cup milk
1 tablespoon corn-starch
¼ cup sugar
1 teaspoon salt
2 egg-yolks or 1 whole egg
1 teaspoon vanilla

Scald the milk. Mix the corn-starch, sugar and salt, and add hot milk slowly. Cook twenty minutes over hot water. Beat the egg-yolks and add slowly, stirring rapidly. Cool and add vanilla. Put into a baked crust. Vary in any of the following ways:

Banana or orange pie—Slice fruit into baked crust and cover with custard filling. Cover top with meringue made from egg-whites.

Chocolate pie—Use only seven-eighths tablespoon corn-starch. Add two squares of grated chocolate just before removing custard from the stove. Beat well. Cover with meringue.

Coconut pie—Add two tablespoons shredded coconut to the meringue made from the egg-whites.

Nut pie—Stir one cup of chopped nuts into the filling and sprinkle the top with a few. Raisins and nuts may be used together.

Spice pie—Add two teaspoons each of ground cloves and cinnamon to the cooked filling.

Date pie—Add one cup of chopped dates. Cover with meringue.

LEMON PIE

1½ tablespoons corn-starch
1 cup water
1 tablespoon butter
1 cup sugar
1 lemon
1 egg-white
1 to 3 tablespoons sugar

Mix the corn-starch in a little of the cold water and bring the rest of the water to the boiling-point. Add the moistened corn-starch and cook until transparent. Add the butter, sugar, lemon-juice and grated rind and set aside to cool. Beat the mixture well and turn into a baked crust. Make a meringue with the stiffly beaten white of egg and sugar. Brown the meringue and serve the pie cold.

PUMPKIN PIE

1½ cups prepared pumpkin
⅔ cup brown sugar
1 teaspoon cinnamon
½ teaspoon ginger
1 teaspoon salt
2 eggs
2 cups milk

Steam and strain fresh pumpkin or bake it and put it through a sieve. Canned pumpkin is ready to use. Add remaining ingredients in the order given. Turn into a crust-lined pan and bake. Use a rather high temperature at first, to cook the bottom and sides of crust. Reduce the temperature and continue cooking until a silver knife inserted in the center will come out clean. Do not let the pie boil, as that will make it watery.

Nut-meats (one-half cup) are a delicious addition. Whipped cream is also very good with pumpkin pie.

APPLE TARTS

5 apples
½ cup cold water
3 eggs
1 lemon
¾ cup granulated sugar
2 tablespoons butter
2 tablespoons powdered sugar

Pare, core and cut up tart apples and cook them in the water until soft, stewing them very slowly. Beat this sauce smooth, partly cool, then add beaten egg-yolks, lemon-juice and grated rind and the granulated sugar, increasing the amount of sugar, if desired. Line patty-pans with paste, fill them with the mixture, dot with butter and bake in a very hot oven. Beat the whites of the eggs stiff, add the powdered sugar, spread on top of the tarts and return to the oven to brown. This amount makes six to eight tarts.

BANANA ROLL

Peel bananas and cut in halves crosswise. Roll puff or flaky paste one-eighth of an inch thick. Cut into pieces. Dip each piece in ice-water and wrap around a half banana. Place on a baking-sheet and bake in a moderate oven. Serve with a sauce made by crushing strawberries with sugar.

MAMMY'S FRIED PIES

Stew dried apples, peaches or apricots. Drain off all juice, mash well and sweeten. Roll pie-crust one-eighth inch thick and

cut circles three inches in diameter. On one of the circles place a spoonful of the filling, having a clear margin of the pie-crust. Moisten this edge all around, place another circle on top and press the edges firmly together. Fry in deep fat like doughnuts or sauté with a little fat in a hot frying-pan, turning the pie so that it will brown on both sides. These are good with fillings of mince meat or cooked rice.

PEANUT STRIPS

Peanut butter
Lemon-juice
Egg-white
Chopped peanuts

Roll paste very thin. Place on inverted baking-tin. Brush half with peanut butter thinned with lemon-juice. Cover with the other half and with a sharp knife mark in strips four inches long and one inch wide. Set in a quick oven. When baked, brush with white of egg diluted with one teaspoon of cold water and sprinkle with finely chopped peanuts. Return to the oven for about three minutes, until the nuts are slightly crisped, then cut apart. These are excellent with coffee or afternoon tea.

RASPBERRY TURNOVERS

Cut circles of puff or flaky paste three inches in diameter, having the paste not more than one-eighth of an inch thick. Moisten half the edge of the circle with cold water and in the center lay a teaspoon of thick raspberry preserve. Fold one half of the circle over the other, making edges meet. Press closely and mark with a fork dipped in flour. Brush with beaten egg, prick, and chill before placing in the oven. Dust with granulated sugar before serving. If desired, decorate the top of each with a single preserved berry or a candied cherry. Other fruit may be used in the same way.

BEVERAGES

RECEPTION CHOCOLATE

1 quart milk
½ cup cocoa
¼ cup flour
1 quart water
½ cup sugar
½ teaspoon vanilla
⅛ teaspoon salt

Mix dry ingredients and make a smooth paste with some of the water. Pour on the remainder of the water and boil slowly for fifteen minutes. Combine with the milk, bring to the boiling-point. Add vanilla. Serve with whipped cream. This is a very thick, rich cocoa.

LEMON FROST

Fill a tall glass one-fourth full of cracked ice, fill three-fourths full of lemonade and frost the top with a spoonful of stiffly beaten egg-white sweetened slightly and flavored with lemon-juice.

GINGER-ALE PUNCH

Juice of 4 lemons
1 pint grape-juice
Sugar or sirup to taste
1 quart ginger ale

Mix fruit-juices and sugar or sirup. Just before serving, add ginger ale.

VERANDA PUNCH

Juice of 3 lemons
Juice of 2 oranges
½ cup sugar sirup
1 cup tea infusion
1 pint ginger ale
1 pint charged water

Mix fruit-juice and sugar sirup. Add the hot tea. Cool, and, when ready to serve, add ginger ale and charged water. Thin slices of lemon and orange may be used for a garnish.

CHILLED GRAPE-JUICE

Wash purple grapes and boil under skin, pulp and seeds separate. Press through jelly-bag and to every pint of juice add one-half cup of sugar. Boil for twenty minutes, chill and serve with chipped ice.

GRAPE-JUICE HIGH BALL

Use Niagara grapes. Proceed as for recipe for chilled grape-juice. Serve in tall glasses half filled with shaved ice and add an equal quantity of charged water. Lemon is an attractive addition.

QUAKER DRINK

3 sprigs of mint
3 cups tea infusion
Juice of 3 lemons
Juice of 3 oranges
½ teaspoon powdered ginger
2 cups cold water

Bruise mint in a pitcher and pour the tea over the fruit-juice, ginger mixed with two tablespoons hot water and the cold water. Chill and serve.

ORANGE LILY

½ cup white grape-juice
1 teaspoon sugar
2 tablespoons orange-juice

Fill glass half full of shaved ice. Add grape-juice, orange-juice and sugar and fill with chilled water. Serve with two straws thrust through a thin slice of orange.

TABLE GRILL RECIPES

PANNED OYSTERS

1 cup oysters
1 tablespoon butter
White pepper
½ lemon
1 teaspoon parsley
Salt
Toast

Drain and wash the oysters. Put the fat in the pan and when hot turn in the oysters, adding the juice of the lemon and the chopped parsley. The oysters should be left only until they are plumped and the gills are a little ruffled. They must not change color, or be fried in the least. Season with salt and white pepper and serve on toast. This recipe will serve three.

OYSTERS À L'INDIENNE

1 pint oysters
Bacon
Cloves
2 tablespoons chutney sauce
2 tablespoons Worcestershire sauce
1 tablespoon minced parsley
6 olives
½ teaspoon paprika

Drain large oysters, wipe them dry, wrap each in a slice of bacon, fastened with a toothpick, and stick two cloves in each oyster. Mix the chutney sauce, Worcestershire sauce, minced parsley, olives cut fine, and paprika. Put the oysters in the pan and cook until the bacon is crisp and the oysters plump. Pour the sauce mixture over the oysters, stirring it thoroughly into the gravy. This recipe will serve three or four.

ENGLISH MONKEY

1 cup bread-crums
1 cup milk
1 tablespoon butter
½ cup mild American cheese
1 egg
½ teaspoon salt
¼ teaspoon pepper
Toast

Soak the bread-crums in the milk until they are soft. Melt the butter in the pan. Add the cheese cut in dice. When the cheese

has melted, add the softened crums, the egg beaten, and salt and pepper. Cook three minutes longer and pour the hot mixture over squares of toast. This recipe serves four to six persons.

GRILLED SARDINES

12 large sardines 1 tablespoon lemon-juice 6 pieces toast

Drain sardines and heat thoroughly in the grill. Turn frequently; add lemon-juice and serve on finger-length pieces of toast.

RÉCHAUFFÉ

3 tablespoons butter
3 tablespoons flour
3 cups milk
1 teaspoon salt
½ teaspoon pepper
1 can mushrooms
2 cups ground meat
Toast

Make a white sauce from fat, flour, milk and seasonings. Add mushrooms, cut in quarters, and the ground meat. Cover and set over low heat until thoroughly heated. Do not boil, as mushrooms are toughened by boiling. Serve on slices of buttered toast, garnished with parsley. This recipe will serve six persons.

Remnants of cold veal, lamb, chicken or game may be used, or, if there is not enough of one kind of meat, a combination of veal and chicken, lamb or game.

LOBSTER À LA NEWBURG

2 tablespoons butter
1 teaspoon flour
1 boiled lobster or 1 can of lobster
1 pint milk
3 egg-yolks
Salt
Cayenne

Place the butter in the blazer and stir it as it foams. Rub the flour smooth with the water, add this and the salt and pepper, then one-half of the milk, stirring all of the time and being careful that the flame is not too hot. Beat the yolks of the eggs until frothy, add the remainder of the milk and stir all into the chafing dish. When the mass is of the consistency of cream, add the lobster, cut up coarsely, and, when thoroughly heated, serve. If using the fresh fish, prepare as for boiled lobster. Just before adding the lobster, rub the coral and the fat together and stir in. When quite mixed, add the lobster.

CHICKEN EN CASSEROLE

1 chicken
Olive oil, drippings or chicken fat
1 pint brown stock
2 tablespoons butter
1 dozen button mushrooms
1 dozen potato balls
1 small carrot
Several small onions
Salt
Pepper
Paprika

Wash and separate the chicken, and sauté in a little olive oil, drippings, or chicken fat, until well browned on all sides. Place in a greased casserole, add rich brown stock, cover, and cook in a moderate oven for an hour or more, according to the size of the chicken.

Meantime, melt the butter in a saucepan and brown in this the mushrooms and potato balls, slices of carrot, and tiny onions. Add more broth if needed and turn in these sautéd vegetables. Season with salt, pepper, and paprika. Leave uncovered in the oven long enough for the chicken to brown before serving.

SIRLOIN STEAK EN CASSEROLE

3 tablespoons butter or other fat
3 tablespoons flour
2 cups stock
Salt
Parsley
Pepper
Turnip balls
Carrot balls
Potato balls
Small onions
2 pounds of 1½-inch steak

Make a brown sauce of the fat, flour, stock and seasoning. Add balls of turnip, carrot, potato and onions, which have been previously cooked in a little brown stock until tender. For each person, allow a half-dozen little balls of each of these vegetables and two small onions. Keep this sauce hot while you pan-broil the steak until about half done, then transfer steak to heated casserole, pour vegetables and sauce over steak, cover, and place

in oven until steak is sufficiently cooked. When ready to serve, sprinkle the steak with finely chopped parsley.

HUNGARIAN GOULASH

4 onions
2 pounds veal
Bacon fat
1½ pints brown stock
Pepper
1 pint potato balls
12 small onions
1 cup carrot slices
1 cup turnip slices
Salt
Paprika

Slice the onion and cut the raw veal in cubes. Cook together in a little bacon fat, until brown. Transfer to casserole, pour over it the brown stock and season with pepper and paprika. Add more fat to that in the frying-pan and brown in this the potato balls, small onions, and slices of carrot and turnip. Add the vegetables and salt to the casserole when the meat is partly cooked. Finish the cooking, adding more stock if necessary. This dish should cook two hours. If the broth is too thin when ready to serve, thicken slightly with browned flour rubbed smooth in water.

CALF'S LIVER EN CASSEROLE

One calf's liver
6 slices bacon
1 cup button mushrooms
3 cups potato balls
1 pint brown stock

Wash a calf's liver thoroughly and wipe dry. Fry some bacon in a pan, remove, place the liver in the bacon fat, and sear each side thoroughly. Transfer to a casserole, add slices of bacon, brown stock, and sautéd mushrooms. Cook for one hour and a half, adding more stock if necessary. Just before serving add potato balls which have been fried in deep fat and drained.

SPANISH RICE

¾ cup rice
2 tablespoons fat
5 cups water
2 onions
2 cups tomatoes
½ cup chopped green pepper or pimientos
Salt
Pepper
Paprika

Fry the rice in the fat until brown, then add water and boil until soft. Drain. Sauté the onions in a little fat; mix with tomatoes

and chopped peppers or pimientos, and add to the rice. Add seasoning, and place in a greased casserole. Bake for thirty minutes.

SCALLOPED HAM AND POTATOES

6 potatoes
1 pound raw smoked ham
3 cups milk (or more)
1 green pepper (may be omitted)
Flour

Cover the bottom of an oiled baking-dish with sliced, raw potatoes. Sprinkle with flour and inch-square pieces of ham. Repeat until the dish is full. Pour in as much milk as the dish will hold. Bake until the potatoes are tender. The chopped green pepper adds to the flavor.

SUMMER CASSEROLE

6 hard-cooked eggs
3 ripe tomatoes
3 tablespoons butter or other fat
3 tablespoons flour
2 teaspoons salt
1½ cups milk
½ cup grated cheese
Oiled crums

Cut hard-cooked eggs in half and arrange around the edge of a greased casserole or baking-dish. Slice peeled ripe tomatoes in the center of the dish. Make a white sauce of the milk, fat and flour. Add cheese, and stir over a very low fire until the cheese is well mixed and smooth. Pour over tomatoes and eggs. Cover with oiled crums and bake twenty minutes in a moderate oven.

The centers of the tomatoes may be scooped out, and a whole egg placed in each, if desired.

FRENCH RECIPES

GREEN SOUP

2 bunches watercress
2 diced potatoes
2 hard-cooked egg-yolks
2 slices bread
2 tablespoons butter

Cook the watercress until almost done, then add potatoes and cook until they are soft. Press through a sieve and add the purée to the water in which it was cooked. Brown the bread slightly in one tablespoon of the butter, and cut into small cubes. Add the minced egg-yolks and the remaining tablespoon of butter to the soup, season to taste, add the cubes of bread and serve hot.

CODFISH À LA BÉNÉDICTINE

1 pound fresh codfish
4 medium-sized sweet potatoes
Salt
Pepper
Butter
Juice of 1 lemon
1 cup cream or milk
Bread-crums

Boil the codfish, drain it and keep it warm.

Pare the sweet potatoes, cook them in salted water or steam them and let them dry, then mash and add a pinch of pepper, about two tablespoons of butter or butter substitute, the juice of half a lemon, and one cup of cream or milk.

Skin the fish and remove the bones. Pound it rather fine; add a tablespoon of butter and the juice of half a lemon. Mix the hot mashed potatoes with this. Add more milk or cream, so as to make a rough dough. Grease a baking-dish, and put the dough into it. Cover the top with bread-crums and melted butter. Put small dots of butter here and there on the top and bake in the oven for twenty minutes. Serve in the dish in which it was cooked.

CODFISH, BRANDADE STYLE

1 pound salt codfish
1 diced potato
2 tablespoons olive-oil
1 cup milk
Salt and pepper
3 tablespoons lemon-juice

Soak the codfish overnight, then put it in a saucepan of cold water, add the potato and cook on a quick fire. When it is on the point of boiling, remove it to the edge of the stove and cook on a slow fire, stirring constantly with a wooden spoon. Add the oil, drop by drop, and the milk. When it thickens it has been cooked long enough. Add the salt, pepper and lemon-juice, and serve hot.

CRABS WITH RICE

15 small crabs
1 cup rice
2 or 3 small onions
2 small carrots
1 tablespoon butter
Salt and pepper

Clean the crabs. Cut off and crush the legs, and cook in boiling salted water for about an hour. Strain the juice and pour it over the rice. Let stand for about half an hour and then cook until rice is tender. Cook the chopped onion and carrots in the butter until slightly browned and then add the crab-meat. Season with salt and pepper, add the rice and cook together for several minutes. Serve hot.

This is an old provincial recipe and has a particularly delicious taste that makes it a favorite.

FISH LOAF

2 cups cooked fish or 1 can fish
1 teaspoon salt
2 eggs
1 cup thick white sauce

Drain the fish and tear into small bits. Add the salt, the beaten egg-yolks, the white sauce, and the beaten egg-whites. Pour into a greased baking-dish and bake for twenty or thirty minutes.

SALMON À LA MORNAY

4 cooked potatoes
½ cup Swiss cheese
1 egg-yolk
Buttered crums
1 cup medium white sauce
2 cups boiled salmon or 1 can salmon

Mash the potatoes and line a greased baking-dish with them. Add the cheese and egg-yolk to the white sauce and pour half of

it over the potatoes. Add the fish and cover it with the remaining sauce and buttered bread-crums. Bake in the oven for twenty minutes.

FISH EN COQUILLES

1 cup left-over fish
8 mussels or clams
½ cup bread-crums
10 tablespoons milk
1 clove garlic
1 teaspoon chopped parsley
1 chopped onion
Salt and pepper
3 tablespoons butter
Buttered crums

Chop the fish with the mussels or clams. Add the crums which have been soaked in two tablespoons of milk, and the garlic, parsley, onions, salt and pepper. Melt the butter or other fat, and when hot add the mixture and cook several minutes. Stir in one-half cup of milk and fill small ramekins or scallop shells. Cover with buttered crums and bake about fifteen minutes. Serve the dishes on a platter or on individual plates.

SAUSAGE WITH PEAS

8 pork sausages
1 tablespoon flour
½ cup water
½ cup peas
4 eggs

Cut the sausages in pieces about an inch long, and brown them in the frying-pan. When well browned, remove from the pan, pour off all the fat except one tablespoon, add to it the flour, and when browned, add the water. When the sauce is thick, put in the pieces of sausage, the peas, and beaten eggs. Pour into a baking-dish and bake in a slow oven until the eggs are set.

HAM LOAF

¼ pound lean ham
2 tablespoons flour
2 cups milk
¼ pound grated cheese
3 eggs
Salt and pepper

Cook the ham and chop it fine. Mix the flour with the milk and cook for a few minutes; then add the ham, cheese, the egg-yolks slightly beaten, and the stiffly beaten egg-whites. Season with salt and pepper, pour into a mold, set the mold in a pan of hot water and bake in a slow oven until firm. This may be served with or without a thin white sauce.

ECONOMICAL SAUCE FOR COLD MEAT AND FISH

4 tablespoons salad oil
4 tablespoons cream
3 tablespoons vinegar
Mustard
Salt
Pepper

Mix the salad oil, cream, vinegar, a little mustard, salt and pepper. Beat together quickly, with an egg-beater. The sauce gets white quickly and looks like whipped cream. Soon it becomes as thick as the best-made mayonnaise. Moreover, eggs are not required, the sauce will not curdle, and can be made quickly.

RED CABBAGE WITH CHESTNUTS

1 red cabbage
1 tablespoon drippings
½ cup melted grape jelly
½ cup water
Salt and pepper
French chestnuts

Select a nice red cabbage, remove the outer leaves and soak for a short time in cold water. Drain, and slice in thin shreds. Melt the fat in a saucepan, add the jelly and the cabbage, the water, salt and pepper. Cook very slowly until tender.

At the same time, boil some French chestnuts; take off the skin and add them to the cabbage. Cook all slowly for about two hours, until the liquid has evaporated.

STUFFED CABBAGE

1 cabbage
Butter or butter substitute
Parsley
Spices
1 cup bread-crums
3 eggs
1 chopped onion

Place a thin piece of cheese-cloth in the bottom of a bowl and lay the large cabbage leaves in it. Chop the middle of the cabbage fine and fry it in butter or butter substitute until it is yellow. Remove it from the fire, add a little chopped parsley, spices, bread-crums, eggs and onion. Place this mixture inside the large cabbage leaves, and tie up the cabbage by tying together the four corners of the cloth.

Place in a pan of boiling salted water and boil until the cabbage leaves are tender (about thirty-five minutes). When done, remove from the cloth, pour a little melted butter or butter substitute over it, and some fine bread-crums, and bake for five minutes. Serve with a tomato sauce.

EGGPLANT ORIENTAL

2 green peppers
2 eggplants
3 tablespoons cooking oil
6 ripe tomatoes
3 teaspoons salt
1 teaspoon paprika

Remove the seeds from the peppers, and cut the peppers into small pieces. Pare the eggplants and cut into small pieces. Cook the eggplant and peppers in the fat until slightly brown, then add the tomatoes and seasonings and continue the cooking until the eggplant is done. Serve very hot.

LIMA BEANS, NEUFCHÂTEL STYLE

2 cups green Lima beans or 1 cup dried Lima beans, soaked in water overnight
1 teaspoon salt
¼ cup butter
1½ cups milk
2 egg-yolks

Cook beans in boiling salted water until almost tender. Drain, remove skins and return to saucepan. Add fat, salt, and milk, and finish cooking. Just before serving, add slightly beaten egg-yolks diluted with a little milk.

MUSHROOMS AU GRATIN

½ pound mushrooms
1 sliced onion
2 tablespoons cooking oil
2 tablespoons flour
1 cup mushroom stock (made from stems)
½ cup bread-crums
1/16 teaspoon pepper
¼ teaspoon paprika
1 tablespoon butter
½ teaspoon salt
Juice of 1 lemon

Peel the mushrooms and sprinkle salt over them to extract the water. Fry the onion in the oil. Add the flour and brown; add the stock and seasonings and cook the sauce until it is thickened. Drain the mushrooms and add them to the sauce. Put into a baking-dish, sprinkle with crums and bake until the crums are slightly browned.

POTATOES, PEASANT STYLE

3 cups potatoes
6 tablespoons bacon fat
2 cloves garlic
2 tablespoons parsley
½ teaspoon paprika
2 tablespoons flour
2 cups milk
1 teaspoon salt
⅛ teaspoon pepper

Wash, pare and cut potatoes in dice. Fry in fat until brown. Remove potatoes and fry the chopped garlic and parsley in the fat remaining in the pan. Add flour, milk and seasonings, and cook until thickened (about five minutes). Add potatoes and cook three minutes.

SPINACH À LA REINE

½ tablespoon chopped onion
½ tablespoon butter
1 quart spinach
1 tablespoon flour
1 cup milk
Salt and pepper
3½ tablespoons grated cheese
3 eggs
6 cooked shrimps

Cook the onion in the butter or butter substitute, add the spinach, which has been washed and chopped, and fry quickly. Add flour and milk, and cook until it thickens. Season with salt and pepper, add grated cheese, and when it starts to boil remove from the fire and add well-beaten egg-whites, then the beaten yolks, and bake in a very hot oven for ten minutes. Garnish with the shrimps.

APPLES BAKED WITH BREAD

Remove the cores from good-sized apples; fill with jam and butter or butter substitute. Place round slices of stale bread in a baking-dish and put an apple on each. Pour scalded milk and water over the bread. Bake until the apples are soft. Serve in the baking-dish.

RICE CROWN WITH APRICOTS

Cook rice in milk and put in a buttered ring mold. When cool, turn into a fruit-dish. Cook dried apricots and place halves around the top of the crown. Strain the remainder of the fruit through a fine sieve and pour into the hollow of the crown. If this dish is desired hot, put the mold in the oven for a few minutes before trimming it with the apricots.

PRESERVES, MARMALADES, JAMS, CONSERVES AND FRUIT BUTTERS

CHERRY PRESERVES

2 pounds sour cherries, weighed after stoning — 1½ pounds sugar

Add the sugar to the stoned cherries and bring them quickly to the boiling-point. Cook rapidly until the fruit is clear, skimming as necessary. Pour at once into clean hot jars and seal.

PEACH PRESERVES

Cling-stone peaches are better than free-stone, for they keep their shape better. Wash, peel, and remove the stones if desired. If the stones are removed, cut the peaches in quarters. Use three-fourths pound of sugar, and three-fourths cup of water to each pound of prepared fruit. Boil the sugar and water for ten minutes. Skim, add the fruit and cook rapidly until it is transparent. Seal in clean hot jars.

RASPBERRY AND CURRANT JAM

1 pound red raspberries — ¼ cup currant-juice — ¾ pound sugar

Mash the fruit, add the currant-juice, and bring to the boiling-point, stirring well from the bottom. Add the sugar and cook until thick, stirring occasionally. Pack in clean hot jars and seal.

GREEN-TOMATO PRESERVE

8 pounds green tomatoes
6 pounds sugar
1 tablespoon preserved ginger
6 lemons

Wash the tomatoes, remove any dark parts about the stems, and weigh them. Cover them with boiling water, let them stand five minutes, drain and slice them into a preserving-kettle, placing a layer of the tomatoes, then a layer of sliced lemon, then the sugar with the ginger sprinkled over it. Let the mixture stand over-

night. Drain and boil the sirup for ten minutes. Skim, add the tomatoes and cook rapidly until they are clear. Pour into clean, hot jars and seal.

CARROT AND ORANGE MARMALADE

6 carrots
3 oranges
1 lemon
Sugar

Dice the carrots and cook them until they are tender, in as little water as possible. Cut the oranges in small pieces and add the juice and grated rind of the lemon. Measure the carrot and fruit, and add two-thirds as much sugar. Simmer the mixture until it is clear. Turn it into jelly glasses, and when it is cold, cover it with hot paraffin.

AMBER MARMALADE

1 grapefruit
1 orange
1 lemon
3½ quarts water
5 pounds sugar

Wash and wipe the fruit. Cut in paper-thin slices, using a very sharp knife. Add the water and let stand overnight. Cook until the peel is tender and let it stand overnight. Add the sugar and cook until the sirup thickens slightly on a cold dish. Pour into clean jars and seal.

QUINCE AND APPLE MARMALADE

Wash the quinces and remove the blossom end. Cut the fruit in small pieces, add sufficient water to cover it, and cook until it is soft. Rub it through a sieve, and combine the pulp with an equal measure of tart apple pulp. Use two-thirds as much sugar as pulp. Cook until it is thick and clear (about twenty-five minutes). Turn it into clean, hot glasses and when it is cold cover it with hot paraffin.

CRANBERRY CONSERVE

2 quarts cranberries
1 cup raisins
2 oranges
2 lemons
6 cups sugar

Combine the grated rind and juice of the oranges and lemons with the other ingredients and cook until the mixture is thick and clear. Pour into hot clean glasses and seal. This is an excellent relish with game.

CHERRY CONSERVE

3 pints pitted sour cherries
1 pint black raspberries
2⅔ cups sugar

Combine all the ingredients, and cook until thick and clear.

GRAPE CONSERVE

2 pints grapes
2 oranges
1 cup seeded raisins
2⅔ cups sugar
1 cup walnut-meats

Wash, stem, and seed the grapes. Slice the oranges very thin, and add to the grapes. Add the raisins and sugar and cook until the mixture is transparent and thick. Add the chopped walnut-meats. Pack while hot in hot, clean jars and seal.

MINT JELLY

Wash the mint and chop it fine. To each cup of chopped mint add one-fourth cup sugar and one-fourth cup water and let it stand overnight or for several hours. Place it over the heat and bring it to the boiling-point.

Make apple jelly, using two-thirds cup sugar to each cup of apple-juice. When the jelly test is observed, add green vegetable coloring and one or two tablespoons of the prepared mint for each quart of apple-juice.

SUGGESTIONS FOR CONSERVES, MARMALADES AND PRESERVES

1. One part peaches, three parts oranges, one part rhubarb, with nut-meats.
2. Equal parts peaches and plums, with nut-meats.
3. Two parts peaches, one part pineapple, one part rhubarb.
4. Equal parts peaches and apricots, with nut-meats.
5. Pears and ginger.
6. Two parts pears, one part orange, and one part pineapple.
7. Two pounds quinces, two oranges.
8. Equal parts grapes and crab apples, with nuts.
9. Equal parts plums and crab apples.
10. Apples with mint and nuts.
11. Two pounds figs, three pounds rhubarb, one lemon, one orange.
12. One part peaches, one part pineapple, one part white grapes with nuts.

PICKLES AND RELISHES

PICKLED NASTURTIUM SEEDS

Use green nasturtium seeds, and in picking retain a short length of stem on each. Lay the seeds in cold salted water for two days (two tablespoons salt to one quart water), then place them in cold water for another day. Drain well and place the seeds in a glass jar, cover with vinegar heated to the boiling-point, and close the jar tightly. In a few days the seeds will be ready to use. They are an excellent substitute for capers.

PEPPER MANGOES

Green peppers
Brine
1 quart chopped cabbage
1 tablespoon salt
1 tablespoon cloves
2 tablespoons white mustard seed
1 tablespoon cinnamon
1 cup sugar
Vinegar

Remove the stem ends of green peppers, carefully extract the seeds and midribs and lay the peppers in strongly salted water (one-half cup salt to two quarts water) for twenty-four hours. Chop the cabbage fine and add the salt, mustard seed, cloves, cinnamon and sugar, mixing them well. Drain the peppers, stuff them with the prepared cabbage, replace the pepper caps and tie them in position. Pack the peppers in a stone jar and cover them with strong cold vinegar. They will be ready to use in two or three weeks.

The amount of stuffing will need to be increased if many peppers are used. In increasing, keep the same proportions of ingredients.

GINGER PEARS

5 pounds hard pears
3 cups water
5 pounds sugar
⅓ cup preserved ginger
3 lemons, juice and grated rind

Remove the skin and cores from the pears and cut the fruit in slices lengthwise. Add the water and cook until the pears are

tender. Add the sugar, juice and grated rind of the lemons, the ginger cut in small pieces, and simmer the mixture until it is thick. Pour into clean, hot jars and seal.

SPICED CURRANTS

4 quarts currants
2 pounds white sugar
1 pint vinegar
1 teaspoon allspice
1 teaspoon cloves
2 teaspoons cinnamon

Stem the fruit, and wash it. Make the sirup of the sugar, vinegar and spices and boil for five minutes. Add the fruit and cook until the mixture is thick and clear. Seal in clean, hot jars.

SPICED PLUMS

4 quarts plums
3 pounds sugar
1 pint vinegar
1 tablespoon ground cinnamon
1 tablespoon cloves
1 tablespoon allspice

Make a sirup from the vinegar, sugar and spices. Boil for five minutes. Prick each plum with a fork and pour the boiling sirup over the fruit. Let the whole stand three days, then skim out the plums, boil down the sirup until quite thick, add the plums and heat to boiling. Seal in clean, hot jars.

DIXIE RELISH

3 or 4 whole red peppers
1 pint chopped sweet green peppers
1 pint chopped sweet red peppers
1 quart chopped cabbage
1 pint white onions
2 tablespoons salt
4 tablespoons mustard seed
2 tablespoons celery seed
¾ cup sugar
1 quart vinegar

Soak green and red peppers in brine for twenty-four hours, using one cup salt to one gallon water. Take from the brine and freshen in clear, cold water, from one to two hours. Drain well, cut open, remove seeds and white sections, and chop the peppers. Put cabbage and onions through the food-chopper separately and measure before mixing. Add chopped cabbage and onions to chopped peppers. Add salt, spices, sugar and vinegar. Let the mixture stand overnight in a covered crock or enameled vessel. Drain, and heat the liquid. When hot add the other ingredients and cook for ten minutes. Seal in clean, hot jars.

RED-PEPPER RELISH

12 red peppers
12 green peppers
3 large onions
1 quart vinegar
2 cups sugar
1½ tablespoons salt

Split the peppers and remove the seeds. Chop the peppers coarsely, pour boiling water over them and let stand for five minutes. Drain, pour more boiling water over them, and let stand ten minutes. Drain and add the chopped onions. Boil the vinegar, sugar, and salt for five minutes, and add all the other ingredients. Cook the mixture ten minutes after it has come to a boil. Pack in clean, hot glass jars.

BEET RELISH

1 quart chopped cabbage
1 quart chopped cooked beets
1 cup grated horseradish
2 cups vinegar
1 cup sugar
Salt

Combine the cabbage, beets and horseradish and season with salt. Scald the vinegar, dissolve the sugar in it and add it to the first mixture. Cook until clear. Seal in clean hot jars. This is particularly good with mutton.

CALIFORNIA CHOW-CHOW

18 green tomatoes
8 cucumbers
5 dozen small green onions
1 pound green string-beans
1 cauliflower
1 bunch celery
3 chopped red peppers
½ cup salt
2 quarts vinegar
1 cup brown sugar
2 tablespoons turmeric powder
4 tablespoons mustard seed
1 tablespoon cloves
1 tablespoon pepper

Dice the tomatoes, celery, and cucumbers, skin the onions and remove the tops, cut the beans in small pieces and separate the cauliflower into flowerets. Put all the vegetables, including the chopped red peppers, into an earthenware crock or bowl and sprinkle with the salt. Let stand twenty-four hours, then drain off the liquid. Heat the vinegar with the sugar and spices to the boiling-point, add the vegetables and cook until they are tender. Pack the pickles in clean, hot jars and seal.

CRANBERRY CATCHUP

2½ pounds cranberries
Vinegar
2⅔ cups sugar
1 tablespoon cinnamon
1 teaspoon ground cloves

Wash and pick over the cranberries. Cover them with vinegar and cook until they burst. Force through a sieve. Add the other ingredients, return the mixture to the fire and simmer until thick. Seal in clean, hot jars. Serve as a relish with fowl or meat.

GRAPE CATCHUP

4 pounds grapes
2 pounds sugar
1 pint vinegar
2 teaspoons cloves
2 teaspoons allspice
2 tablespoons cinnamon

Wash the grapes and remove them from the stems. Place them in a pan and steam them without water, until they are soft. Put the fruit through a sieve, add the other ingredients, and simmer the mixture for twenty minutes. Seal it in clean, hot jars.

OLD VIRGINIA CATCHUP

1 peck green tomatoes
½ peck white onions
3 ounces white mustard seed
1 ounce allspice
1 pound brown sugar
1 ounce cloves
½ cup dry mustard
¼ cup water
1 ounce black pepper
1 ounce celery seed
Vinegar

Chop the tomatoes and onions, sprinkle with salt, and let stand three hours. Drain well and put the pulp in a preserving-kettle with the other ingredients. Cover with vinegar, and boil slowly for one hour. Seal in clean, hot jars. Less mustard may be used if a less hot catchup is desired.

DOLLAR AND TIME SAVERS

COOKING

WHEN MAKING GELATIN

When making gelatin, use a pitcher to mix the powder and water; then when the ingredients are ready to put into the mold it is an easy matter to pour the liquid in.—*Mrs. D. D. L., St. Louis, Mo.*

TO SOFTEN SUGAR

When any of your sugar gets hard and lumpy, put it in the ice box for a day or two and it will be just as soft as ever.—*Mrs. G. R. G., Council Bluffs, Iowa.*

TO KEEP BREAD FROM MOLDING

If a loaf of bread begins to show signs of becoming moldy, hold each side over the gas flame for a moment. The heat will kill the spores, but it will not dry out the bread to any extent.—*Mrs. A. F. B., Los Angeles, Calif.*

A WAY TO USE ORANGE-PEEL

Scald and dry your orange-peels and grind them into a coarse powder. This can be used to flavor cakes, sauces, puddings and so forth. Lemon-peels can be used in the same way.—*Miss E. M. G., Revelstoke, B. C., Canada.*

TO FROST A LAYER-CAKE

When frosting a layer-cake, if the upper layer shifts after placing it upon the frosted lower one, use four toothpicks to keep it in its right place until the frosting has set.—*Mrs. L. W. H., Buffalo, N. Y.*

WHEN SERVING EGGS ON TOAST

When serving eggs on toast to children or invalids, cut the toast in cubes, leaving the slice in its original shape, before putting on the eggs. Then the toast is very easily eaten.—*Miss L. E. K., Westfield, N. J.*

TO KEEP PARSLEY FRESH

To keep parsley fresh, put the stems in a glass of water to which a slice of lemon or one teaspoon of vinegar has been added. —*Mrs. F. A. N., Traverse City, Mich.*

WHEN BAKING PEPPERS

When baking stuffed peppers, place them in muffin-pans. The peppers will keep their shape much better than when cooked in an ordinary baking-dish.—*Miss A. M. C., Savannah, Ga.*

TO PREVENT THE SCUM ON COCOA

To prevent a scum from forming on cocoa beat the beverage with the egg-beater when it is finished until a foam forms on top. —*Miss M. L. S., Long Beach, Calif.*

TO IMPROVE THE FLAVOR OF SOUP

Add an apple to vegetable soup and the flavor will be improved. —*Mrs. C. E. A., Amarillo, Texas.*

WHEN BAKING CAKE

Keep an alarm-clock in the kitchen and set the alarm at the time bread or cake is to be finished, or when it's time to start meals.—*Mrs. W. J. H., St. Paul, Minn.*

CAKE DECORATIONS

Use letter macaroni colored with vegetable dyes to spell names for decorations on children's birthday cakes.—*Miss R. S., Mountain View, Calif.*

WHEN BAKING PIES

When baking pies, warm the plate on top of the oven before putting the crust into it, to keep the crust from getting soggy.—*Mrs. M. S. A., Henrietta, Texas.*

WHEN COCONUT IS DRY

When your shredded coconut is dry and hard, put it in a small sieve and steam for a while, then cool.—*Mrs. L. H. S., Buffalo, N. Y.*

SAVE SIRUP FROM BOILING OVER

Grease the inside of the cooking vessel near the top and you will have little difficulty from preserves or candies or any other sugar solution boiling over.—*Mrs. B., Memphis, Tenn.*

KEEPING THE MIXING-BOWL FROM SLIPPING

When beating ingredients in a bowl with one hand and adding material with the other, the bowl is inclined to slip around on a smooth table-top. This can be prevented by placing the bowl on a folded towel.—*Mrs. C. G. W., Bell, Calif.*

TO PREPARE RAISINS

In cleaning raisins pour boiling water over the raisins, a few at a time. When cool enough to handle, drain and rub each raisin between the thumb and finger till the seeds come out clean, then cut or chop the raisins.—*Miss H. L. W., Piggott, Ark.*

WHEN CHOPPING SLAW

Instead of chopping cabbage for slaw, use a large meat-grinder. You will find it much easier and the work is done just as well.—*Miss M. B., Batesville, Ark.*

TO GRATE COCONUTS

Instead of grating a coconut (and incidentally your fingers) by hand, run it through the meat-chopper, using a fine blade.—*Mrs. E. W. F., Amory, Miss.*

WHEN MAKING BONBONS

A teaspoon of marshmallow added to the ingredients keeps candy from hardening for several days.—*Mrs. C. S., Norwood, Mass.*

TO WARM OVER BISCUITS

Place left-over rolls and biscuits in a paper sack and tie it up tightly. Sprinkle the bag with water and warm in the oven. The rolls will taste like fresh ones.—*Mrs. T. H. G., Leeds, Mo.*

A NEW KIND OF TOAST

When making toast, you will find it is a delightful variation if you place two slices of buttered bread together and then toast the outside of the two slices. They will become crisp while the center of the sandwich will be hot and delicious, the butter having melted. —*Mrs. F. R. Q., Long Beach, Calif.*

WHEN MAKING FRENCH DRESSING

When making French dressing, put the ingredients in a small clean jar and shake it vigorously. You will find this much easier than stirring the dressing with a fork.—*Miss M. B., Batesville, Ark.*

WITH VINEGAR FROM SWEET PICKLES

Keep the vinegar from sweet pickles and put it into a bottle or glass, leaving the spices in it. When making salad dressings, strain out the spices and use the vinegar. It gives a delicious flavor.—*Miss O. I., St. Louis, Mo.*

SAVE ALL THE STEAK

When you buy a porterhouse steak, have the butcher cut off the long end piece, leaving the tissue. Have him put this section of the steak through the meat-grinder twice and then put it back in the steak, using the tissue to hold it in place. Every bit of the steak is tender, in fact it is all quite as tender as the tenderloin and looks very attractive when served.—*Mrs. J. E. C., Washington, D. C.*

SAVE TIME GRATING CHEESE

When cheese is too soft to be grated successfully, cut it into small pieces and press it through a potato-ricer.—*Mrs. O. P., Kelliher, Minn.*

TO REHEAT COOKED CEREALS

When you wish to warm up a cooked cereal which has become cold and consequently stiff and lumpy when stirred, beat with an egg-beater and it will quickly become smooth.—*Mrs. F. A. C., Marion, Ind.*

TO FRY EGGS

Eggs may be fried that delicious white-and-gold color, which is the despair of inexperienced cooks, if the frying-pan is kept covered during the process. Have your frying pan piping hot, break the eggs carefully into it and cover tightly. The rest does itself.—*Mrs. L. G. C., Boston, 18, Mass.*

A SUBSTITUTE FOR AN EGG-BEATER

When at camp or where an egg-beater is not handy, use a fruit jar for beating eggs. Rinse the jar with cold water, to prevent

eggs sticking, break the eggs into the jar and shake.—*Mrs. E. N., Davenport, Iowa.*

SAVE TOMATOES BY USING APPLES

Tomatoes are scarce in our community, and I have found that equal parts of tomatoes and apple-pulp make an excellent combination for catchup. If the apple is substituted in one's favorite recipe, the substitution can scarcely be detected.—*Mrs. R. L., Westbrook, Minn.*

WHEN USING CONFECTIONERS' SUGAR

The secret of making confectioners' sugar taste like cooked icing is always to add something hot to the sugar, thus taking away the raw taste. If it calls for butter, melt some, or use cream, milk or water hot.—*Miss F. F., Davenport, Iowa.*

SAVE LEFT-OVER MEAT AND ADD FLAVOR

If there is no gravy or stock to combine with left-over meat when making hash, use one or two bouillon cubes. Dissolve the cubes in hot water and add to the hash. These cubes give just the needed flavor.—*Mrs. L. C. F., Peoria, Ill.*

SAVE FOOD FROM GETTING COLD

Every woman who cooks on an oil-stove knows how difficult it is to keep food and plates warm. I have found that an old oven, placed on top of the one in which you are baking, makes a perfect warming-oven just right in size and temperature.—*Mrs. A. P. O., Rogers, Ark.*

MEASURE THE JUICE OF A LEMON

When using lemon-juice, be sure to measure the amount, as lemons vary as to juice content. Three tablespoons should be used where a recipe calls for the juice of one lemon.—*Mrs. E. D. A., Ontario, Calif.*

WHEN SOUP IS TOO SALTY

A couple of pinches of brown sugar put in soup that is too salty will overcome the salty taste and still not sweeten it.—*Mrs. C. W.,* Butler, Okla.

TO CUT MERINGUE

Wet the knife with cold water when cutting a meringue pie and the meringue will not stick and pull off.—*Mrs. W. H. C., Powell, Texas.*

SAVE GAS IN PREPARING BREAKFAST

I make the toast in a gas-oven, and I save gas by cooking the eggs, or baking them rather, in the oven while the toast is being made. I break the eggs into buttered muffin-tins and put them in the oven when I start the toast. Both are ready at about the same time.—*Mrs. F. G. C., Portland, Ore.*

SAVE TROUBLE IN SORTING CRANBERRIES

Cranberries may be sorted easily by pouring them in a thin layer on a tray or platter and then tilting the platter. The sound berries will roll off easily while the soft or partially spoiled berries tend to say in place on the platter.—*Mrs. L. J. McE., Clyde Park, Mont.*

WHEN USING WALNUTS

When using walnuts in cooking, crush them with a rolling-pin. It saves much time and is as satisfactory as cutting with a knife.—*Mrs. W. J. W., Mitchell, S. Dak.*

SAVE EGG-WHITES

When I have an egg-white left over, I leave it on a plate until it is thoroughly dried, then store away the dried egg in a glass jar. A tablespoon of the powder dissolved in two tablespoons of water will equal one egg-white. This will beat up very well.—*Mrs. E. C. H., Los Angeles, Calif.*

SAVE DIFFICULTY IN SEPARATING SLICED BACON

To separate very thinly sliced bacon without mutilating it in the least, place the package in the oven, but do not leave it long enough for the fat to melt. The slices may be separated very easily even in cold weather if this plan is used.—*Mrs. E. K., New Brighton, N. Y.*

SAVE TEARING LETTUCE LEAVES

In some varieties of lettuce the leaves grow so closely together that it is almost impossible to separate them without tearing them. By cutting the root end very closely, even cutting it out a little,

and letting the cold water from the faucet run down into the heart of the lettuce the leaves can be loosened without being torn.—*Mrs. B. H. F., South Orange, N. J.*

SAVE MONEY ON LEMONS

By purchasing several dozen lemons during the season when they are cheapest the housewife can save considerable money. All the juice should be squeezed from the lemons, strained through a cloth and placed in glass jars. To one part of juice two parts of sugar are added. Lemon-juice stored in this way is all ready to use for puddings, ices or fruit-drinks.—*Mrs. J. L. E., Shawnee, Okla.*

SAVE BREAKING NUT-MEATS

Brazil nuts may be removed from their shells without breaking the nut-meat if they are first placed in a moderate oven until warm. If the shells are then cracked, the nuts will come out whole and the skins can be loosened easily.—*Mrs. E. G. U., Ainsworth, Neb.*

USE THE PILOT LIGHT

During the Summer months I save considerable gas by keeping a kettle of water over the self-lighter during the hours when the gas-stove itself is not in use. A kettle of water placed over the lighter at night is warm enough to use in the morning.—*A. K., Milwaukee, Wis.*

SAVE LEMON-PEEL BY SOFTENING IT

I found in making fruit-cake that my supplies of dried lemon, orange peel and citron were hard as a rock, and that I was unable to put a knife through them. I have found as a time and patience-saver that if I put them in the oven for a few moments they became as soft as fresh orange or lemon rind.—*Mrs. B. M. P., Akron, Ohio.*

SAVE TIME WHIPPING CREAM

A double boiler may be useful when cream is to be whipped. Ice mixed with salt should be placed in the bottom compartment and the cream should be poured into the top of the boiler. The cream is thus quickly chilled and whips more easily. After it is whipped, the double boiler may be placed in the refrigerator until the cream is needed.—*Mrs. E. B., Hanceville, Ala.*

AVOID THE ODOR FROM ONIONS OR FISH

Often the container in which strongly flavored food has been cooked has the odor of the food after the dish is washed. This may be removed by heating a small quantity of vinegar in the covered kettle, letting the vinegar boil for a few minutes. All traces of fish or onion flavor will be removed very quickly.—*L. C., Deepwater, W. Va.*

GROW YOUR OWN FLAVORINGS

Herb vinegar gives a delicious flavor to salad dressing. From a five-cent package of mixed herb seed sown in the garden many different kinds will be available to the housekeeper. Tarragon, sweet basil, chervil, or a combination of several, such as thyme, savory, marjoram and sage, can be used. Crush the leaves and cover them with a good cider vinegar. Let this stand until it is fairly strong. Then add a little of it to the other vinegar or to the lemon-juice when you make salad dressing.—*I. M., Jeffersonville, Vt.*

SAVE THE LEFT-OVER ICE-CREAM

Very often when we have ice-cream a little is left over. The work of repacking before it melts is considerable. I have hit upon the plan of putting the left-over ice-cream before it melts into a small container which has a tight cover, such as a fruit-jar, and, after drawing the water out of the freezer, submerging this small container in the remaining ice. A little salt should be added. The ice-cream will usually keep frozen until the next meal and may be used *à la mode* as a part of the dessert.—*M. W., Brawley, Calif.*

WHEN ROLLING PIE-CRUST

To prevent pie-crust from breaking or sticking to the board, roll it out on a sheet of waxed paper. When ready to place in the pie-tin, slip your hand under the paper and turn the crust over once so that the paper will be between the folded dough. Place on half of the tin, grasp the paper and crust and fold over the other half on the tin. When the crust is in place, the paper will be on top and can be easily removed.—*Mrs. C. P. C., Peoria, Illinois.*

RIPE THANKSGIVING TOMATOES

Pick as many tomatoes as desired while still green, having them free from blemish. Wrap each one in tissue-paper by itself, and arrange on a dry board in a cool place. They will ripen so gradually that they will be ready for slicing for Thanksgiving. It is better to gather them in late September or early October.—*Miss L. G. C., Boston, Mass.*

SAVE TROUBLE GRATING CHOCOLATE

I need a considerable amount of grated chocolate. I find it much easier to put the chocolate through the food chopper rather than to use the grater. Much less time is required, and the hands are not scratched as they often are on the grater.—*Mrs. W. W. S., Burlington, Iowa.*

SAVE EYE-STRAIN

In many kitchens the stove must be placed in a dark corner or side of the room and the windows are so arranged that the light does not come in over one's shoulder. It is a great help to tack a piece of white oilcloth behind the cook stove so that every bit of light is reflected.—*Mrs. W. L. G., Burlingame, Calif.*

SAVE BUTTERING BISCUITS

If the biscuit dough is rolled quite thin and then folded over, or if one roll is placed on the other before the biscuits are cut and then well buttered, cut and baked, the biscuits will split very uniformly and very little butter is necessary when they are eaten. Biscuits are quite as good if the dough is kept in a refrigerator for half an hour before it is baked.—*J. B., Miami, Fla.*

SAVE ON CHOCOLATE

In making cookies which call for chocolate and nuts, you find that there is still a considerable quantity of chocolate that can not be removed from the saucepan with the spatula or knife. But if you pour the chopped nuts into the saucepan and stir them around well, the remainder of the chocolate is salvaged and the pan left almost clean.—*F. T. E., Concord, Mass.*

SAVE ON CHRISTMAS GIFTS

When I make jellied cranberry for my own Christmas dinner, I always put up a few extra jars, using the following recipe:

Make a sirup of two cups of sugar to one cup of water. Heat this until it boils slowly. Then pick over and wash one quart of cranberries. Drop these into the boiling sirup and cook until tender. When finished, the cranberries will have a transparent look. Pour into jelly-glasses or mayonnaise jars. When cool, cover with paraffin and wrap the top in white or fancy paper. Tied with ribbon and decorated with pine or holly, this makes an attractive and timely gift.—*Mrs. C. B. S., New York, N. Y.*

SAVE VEGETABLES

When canning by the cold-pack method, it sometimes is difficult to have enough vegetables to fill all the jars the canner will hold. Fill the extra jars with materials for soup stock, such as onions, carrots, the outer leaves of celery, parsley and a few beans. The process is the same as in canning other vegetables, and in the Winter these vegetable mixtures, with bits of cold beef, gravy and rice added, will furnish a delicious soup.

As some members of the family do not care for carrots and turnips, I cut these vegetables into large pieces and remove them before making the soup. They are then used as a separate vegetable the following day.—*Mrs. J. H. B., Watertown, S. Dak.*

WHAT TO DO WITH SOUPS

When unexpected company demands a hurried meal, there are infinite possibilities in the canned-soup shelf. (We live on a mountain where there is no corner grocery.) Noodles and macaroni boil in ten minutes while a can of soup is being opened—any kind. Thin this slightly with milk and pour it over the noodles in a casserole and the whole delicious dish can be baking while the table is being set.

Cream soup, of which there are many varieties, gives a different flavor to boiled vegetables. Pour it over them and then let them bake.

Vegetable soup poured over flaked canned salmon, to which a can of peas has been added, makes a lovely au gratin dish to take along on a picnic, wrapped in newspaper so it will keep hot.

Two cans of soup, different kinds, combined will make a delicious soup course which will not taste "canned."

Beef soup added to chopped meat makes a delicious gravy.

Tomato soup, too, makes a delightful sauce, when chopped onions, parsley and a little Worcestershire sauce are added to it. In fact, in our household we depend on canned soup for almost everything as well as the soup course.—*Miss W. B. J., Los Angeles, Calif.*

VEGETABLE CAKES FOR CHILDREN

The importance of vegetables in the diet of children is constantly being brought to the attention of mothers. Some of us, however, have great difficulty in getting our children to eat vegetables. My little girl did not like them, and I was unable to persuade her to eat them until it occurred to me to try serving them like meat-balls. Prepare three or four cooked vegetables, cutting them into small pieces or putting them through the food-chopper. Add bread-crums and a beaten egg. Then shape these into little cakes, dust them with flour and brown them in the oven or fry them in a little fat. The child enjoys vegetables prepared in this way.—*Mrs. E. C. B., Fort Lauderdale, Fla.*

SAVE THE DOUGH FOR ROLLS

When bread is ready to go into the tins in the morning and hot rolls are desired for the evening meal, a part of the dough may be divided into small rolls, each roll dipped in melted butter and placed in a shallow pan and set aside in the refrigerator until evening. The rolls will not rise in the refrigerator, but will come up quickly after taking them from the refrigerator into a warm kitchen. The rolls can be baked in ten or twelve minutes and are ready when the rest of the meal is served.—*H. I. F., New London, Conn.*

SAVE TIME IN PREPARING CITRUS FRUITS FOR SALAD

In making fruit salad or cocktail one often wishes to remove the sections of the orange or grapefruit in whole pieces from the white membrane to which it is attached. If the following procedure is used much time and labor will be saved, and the sections may be easily removed without being broken up into small pieces. Cut the skin of the fruit lengthwise and crosswise so that the skin is divided into quarters. It can very readily be peeled off. Place the peeled fruit in a pitcher or pan of cold water and let it stand in the ice-box for at least two hours. The white membrane will peel from the sections of the fruit very readily and it

will be found that the fruit will not break easily.—*Mrs. A. F. F. J., Reedsburg, Wis.*

SAVE WORK IN REMOVING CORN-SILK

From a farm woman who was preparing dinner for a harvest crew, I learned a quick and successful way of removing the silk from ears of corn. She used a whisk-broom. First she removed the husks, then brushed the ears toward the stem end, and all the silk was removed with but a minimum amount of work.—*M. P., Ithaca, N. Y.*

SAVE BY USING INEXPENSIVE FOODS

These are some of the ways I feed my family on a small amount of money. They enjoy fried mush for breakfast and this is very inexpensive. I make the mush very thick and mold it in a bread-pan. In the morning I turn it out and slice it and sauté it on both sides. We split the slices and butter them. I can serve four breakfasts for three people on ten cents' worth of corn-meal and a half pound of butter. Sometimes I add pork sausage to the mush and do not use butter. I fry the sausage, add a pint and a half of water and a cup of corn-meal. This is molded after it is cooked and is sautéd the same as plain mush. Left-over potatoes make excellent dumplings. I also make head-cheese. This is very inexpensive and delicious.—*Mrs. C. M., St. Louis, Mo.*

WHEN BAKING COOKIES

When baking cookies, turn the pan upside down and bake the cookies on the bottom. They bake a more even brown both on top and underneath.—*Mrs. I. A., East Grand Forks, Minn.*

A NEW USE FOR THE CREAM-DIPPER

The little cream-dipper for removing cream from the top of milk-bottles has a new use in our house. When we make soup and wish to remove the fat immediately, we pour it into milk-bottles where it cools quickly. The fat rises to the top of the bottle and is completely removed from the broth with the help of the cream-dipper. In case of illness, when broth free from fat is needed, this method is especially valuable.—*E. F. L., Erie, Pa.*

EGG YOLKS CAN BE SAVED

I find that one or two tablespoons of salad oil poured over the yolks of eggs will protect them from the air and keep them soft. The yolks thus saved may be used for mayonnaise, muffins, cake, or for practically any purpose.—*Mrs. R. J. A., Norfolk, Va.*

SEWING AND CARE OF CLOTHING

A USE FOR THE FLASH-LIGHT

When threading your sewing-machine needle, turn the flash-light on the opposite side from the thread and the eye will show up plainly.—*Mrs. A. T. L., Gaffney, S. C.*

IN CUTTING DOILIES

The quickest and easiest way to make plate doilies is: Measure doily with a plate, marking around the outside with a lead pencil. Then sew around the pencil mark three times with the smallest stitch on the sewing-machine. Cut off just outside the stitching, then begin to crochet. This does away with a bulky and difficult hem.—*Mrs. C. H. W., San Ardo, Calif.*

IN CUTTING QUILT BLOCKS

When cutting quilt blocks, make a pattern out of a good ink blotter. When placed on the material, it will stick to the goods and not slide around as common paper does.—*Mrs. C. M., Clinton, Illinois.*

TO PICK UP NEEDLES

Keep a horseshoe magnet with your pins and needles so that when you need to pick up a number from the floor or table, your magnet will do the work more quickly and easily.—*Mrs. W. C. C., St. Louis, Mo.*

TO CUT BIAS FOLDS

Fold the bias material the desired depth for as many folds as needed, then crease with a hot iron. It is easy to cut biases prepared in this way.—*Mrs. W. B. B., Pittsburgh, Pa.*

WITH CARPET RAGS

Keep them in a box at the end of the sewing-machine. When sewing, instead of pulling out the goods from the machine, leaving an inch or two of thread, sew to the end of the seam, pick out

two carpet rags, run them under the presser-foot and stitch across; cut the thread between the sewing and the rags, start on a new seam, cut off the rags and wind on the ball. In a short time you will have a large ball without noticing the time spent.—*Mrs. E. M. A.. Sherbrooke, Quebec.*

SAVE TIME IN USING BINDING

I have found a very easy as well as satisfactory way of sewing silk-binding braid on dresses. I fold the braid almost in the center, then press with an iron, folding and pressing at the same time, then I baste the folded braid over the edge I wish to bind. It is possible to stitch both sides at the same time.—*B. O. McF., Tiffin, Ohio.*

SAVE DRESSES FROM WRINKLING IN THE TRUNK

Stiff cardboard is an indispensable part of one's equipment if dresses and waists are to be packed in the trunk without being badly wrinkled. Fold and wrap blouses and dresses in tissue-paper. Tie each to a piece of cardboard which is slightly smaller than the space available in the trunk or case.—*Mrs. M. M. I., North Pitcher, N. Y.*

SAVE SILK FROM KNITTED TIES

If the men of the family have a supply of knitted and crocheted ties which they have discarded, the ties may be unraveled and wound in balls. The silk, which is usually of excellent quality and color, is a great addition to the work-basket and may be used for fancy-work or any other purpose where heavy silk is required. —*C. M. M., New York, N. Y.*

SAVE SEARCHING FOR STOCKINGS

For years I always searched through my supply of stockings to find just the pair I needed. Now I have a way of keeping them in perfect order and it is possible to find any pair quickly. I made a bag resembling a shoe-bag, but with one large pocket across the top and several smaller pockets below. In the large pocket I keep the stockings that I wear around the house. The next row of stockings are for my street hosiery, and the bottom row for the very best.—*Mrs. A. J. J., Minneapolis, Minn.*

SAVE THE ELBOWS OF SWEATERS

When the elbow of a sweater shows signs of wear, I change the sleeves about so that the worn places come on the inside of the arm. It is necessary to shrink this part of the sleeve, and I do this by covering it with a wet cloth and pressing with a hot iron. While the sweater will not look as if it were new, it may be made to look very well and its usefulness prolonged.—*L. B. J., Seattle, Wash.*

SAVE OLD FELT HATS

Rip the binding and bands from discarded felt hats and cut the brim from the crown. Next cut a circular piece from the top and cut the side crown so it can be flattened. Cover these pieces with a damp cloth and press them flat. Felt from even cheap hats has a great variety of uses, some of which are for insoles in felt slippers and rubber boots, to glue on the base of lamps and vases and on the feet of chairs to protect floors. The circular top is just right, when covered, to use for a holder.—*Miss O. S., New York, N. Y.*

SAVE TIME IN DRYING SWEATERS

A sweater can be dried quickly by using an ordinary window screen. Cover the screen with some thin cloth to protect the sweater, then lay the garment flat on the cloth and pat it into shape. Place the screen on two chairs near the stove or register, if possible, being sure that there is a free circulation of air around the screen.—*M. E. McM., Cincinnati, Ohio.*

TO RENEW SILK DRESSES

To make old silk dresses have a new, crisp appearance, sponge with gum-arabic water and press on the wrong side. Use either lump or powdered gum arabic dissolved in hot water.—*Miss B. O. J., Belton, Texas.*

FOR THE LOOSE THIMBLE

A piece of adhesive plaster put on the inside of a thimble will make it fit if it is too large.—*Mrs. A. F. R., Ridley Park, Pa.*

SAVE ON SLIPPERS

When wearing galoshes over light-colored slippers of satin or suède, I slip the feet of an old pair of stockings over the slippers

and thus prevent the slippers from becoming soiled by the galoshes.—*Mrs. H. E. G., Rockford, Ill.*

SAVE BUYING A BATHING-SUIT

I saved the price of a woolen bathing-suit for my three-year-old son by using two pairs of old woolen hose, cutting off the feet and shaping armholes for the front with one stocking leg and the back of the suit with the other. I cut the neck slightly lower in front, making the seams come on the sides. There was plenty of materials in the other pair of stockings for the trunks. My friends thought I had bought an expensive woolen suit.—*Mrs. L. A. S., Sterling, Kan.*

SAVE LOSING JEWELRY

When traveling, invariably follow one plan in caring for jewelry when it is removed from the hands or dress. The best method I have found is to fasten it on a strong safety-pin and fasten the safety-pin to one's clothing.—*Mrs. E. A. E., Newton Center, Mass.*

SAVE TIME IN READING THE NEWSPAPER

While I prepare dinner, my thirteen-year-old son reads the headlines of the evening paper and I indicate the articles or news that interest me particularly. He reads them to me and we discuss them. This helps us both to be informed, saves time during the evening and incidentally I am able to discourage any interest he may show in the lurid, sensational news.—*Mrs. J. H. G., So. Tacoma, Wash.*

WITH LINGERIE RIBBON

Before washing lingerie, tie a piece of twine to one end of the ribbon. As you draw out the other end of the ribbon, the twine will take its place. When the garment is laundered, the fresh ribbon can be fastened to the twine and quickly drawn into place. —*Miss M. C. M., Chicago, Ill.*

TO SAVE SILK STOCKINGS

Often a pair of hosiery with a runner up one stocking may be saved by embroidering an arrow or other design over the runner and the same design up the other stocking.—*Miss W. T., Frankfort, Ohio.*

LAUNDRY WORK

SAVE TIME ON WASH-DAY

A long piece of tape is very useful on wash-day. On it may be strung all the collars, cuffs and small vests which have buttonholes. If all the small articles are gathered together by running the tape through the buttonholes, the housewife is not compelled to search for each one separately and is not so apt to overlook one of them. The tape may be attached to the clothes-line in such a way that each small article does not need a separate clothes-pin.—*S. A. C., Mount Lawley, Western Australia.*

TO WASH BLACK LACE

Wash black lace in a solution of one tablespoon of ammonia to one cup of coffee.—*Miss W. M., New Glasgow, Nova Scotia.*

SAVING LINE ROOM

In bad weather when clothes are dried inside and you have a limited space, string two lines about two and one-half feet apart, hang clothes with one corner on one line and the other corner on the other line. In this manner two lines will accommodate many more clothes.—*Mrs. C. B., Boone, Iowa.*

TO IRON SOFT COLLARS

Try ironing men's soft collars on a Turkish towel doubled to four thicknesses. The collars will iron much easier. They will be smoother and shine like new when finished.—*Mrs. V. D., Bountiful, Utah.*

TO PRESS SEAMS

A toothbrush used for dampening seams for pressing saves time. The brush opens the seam as it is drawn along and facilitates the work.—*Mrs. L. A. C., Ottumwa, Iowa.*

SAVE TIME PRESSING SEAMS

A medicine-dropper is a very practical device in pressing open seams if the material is of wool or cotton. Fill the medicine-dropper with water and moisten the seam from it before pressing the cloth with a hot iron.—*M. Q., Bozeman, Mont.*

SAVE SNAPS FROM FLATTENING

I have found that if snaps are fastened before the garment is washed they usually are not injured by being put through the wringer.—*Mrs. T. M., Rochester, Ind.*

WHEN DRYING CURTAINS

When drying curtains, if it is too much trouble to put up the stretcher, just hang the curtain on the regular rod at the window, run a heavier rod through the bottom hem, pull the material straight, and the curtains will be dry in half an hour without the disfiguring hole marks the stretcher makes.—*A. M. F., Louisville, Ky.*

WHEN HANGING OUT CLOTHES

To save time and bother in hanging out clothes, tie a bag around your waist to hold the clothes-pins.—*Mrs. L. C. O., Pontotoc, Miss.*

CLEANING

SAVE IN CLEANING THE FLOOR-MOP

My electric sweeper saves me from the dirtiest and most exasperating task in my home; that is the task of keeping clean the floor-mop. Shaking it is not really effectual; to wash it is repulsive. After each mopping I start my electric-cleaner, tip it back from the floor to a convenient angle, and run my mop back and forth across the vacuum opening. The suction disposes of the lint, and if your sweeper has a revolving brush three or four strokes of the tips will help to make the mop almost unbelievably clean. The secret is in moving the *mop* across the *cleaner*, rather than the *cleaner* across the *mop*. This method is even more successful and quicker than using the vacuum attachments.—*Mrs. J. R. McW., Tulsa, Okla.*

TO KEEP STOVE CLEAN

Keep a small dish or can lid on the stove or a shelf to lay cooking-spoons on.—*Mrs. G. B., Berwyn, Ill.*

TO CLEAN ELECTRIC TOASTER

A soft pastry-brush will reach the most difficult corners of an electric toaster and brush out the most elusive crums.—*Mrs. C. C. C., Armour, S. Dak.*

SAVE POLISH AND UNSIGHTLY CLEANING-CLOTHS

After using polishing-clothes, I store them away in an empty coffee-can which has a tight lid. This prevents the polish from evaporating, and also provides a place where the cloths may be kept out of sight.—*Mrs. W. A. A., Sioux City, Iowa.*

TO TAKE DOWN PICTURES

When house cleaning, use a stick with a notch in the end so that you can lift picture-cords off the hooks without stepping up and down.—*Miss M. M., Dayton, Ohio.*

TO MAKE DUSTING EASY

Have a little bag in every room in which to keep a dust-cloth. These bags may be secreted in places that are hidden yet easily accessible. A last-minute dusting is no trouble if you have only to reach out your hand for the dust-cloth.—*Miss Z. M., Minatare, Nebr.*

MISCELLANEOUS

SAVE YOUR SUITCASE

In these days of long motor drives suitcases which must be packed on the runningboard or even in the rear of the car often become marred and must be refinished. They may be protected by making a case of duck or linen which may be slipped over the suitcase with a piece of cardboard or several thicknesses of paper placed between the case and the cloth cover. Suitcases protected in this way may be taken on many a long motor trip without the slightest damage.—*M. H. G., Pilot Mound, Manitoba, Can.*

TO REMOVE A SPLINTER

To remove a splinter, place a wide-mouthed bottle nearly full of hot water over the splinter and press tightly. The suction will draw the flesh down and the steam will remove the splinter. —*Mrs. M. J. J., Salt Lake City, Utah.*

SAVE SMALL CONTAINERS FOR CHILDREN'S LUNCH-BOX

I find the little screw-top jars that come filled with salad dressings, cold-creams and sandwich fillings are very useful for the children's lunch-boxes. They may be utilized for jelly, preserves,

custards and other foods used in small quantities.—*Mrs. C. M. G., Columbia, Miss.*

SAVE WITH OLD MAGAZINES

When I was a little girl my sisters and I spent many happy winter evenings coloring with our crayons the fashionable ladies in the stacks of old *Delineators* that our mother had saved from the time when it had first become her household guide in her early married days. A few years ago it became necessary to reduce our Christmas expenditures to a minimum, and remembering the joy in mother's old *Delineators,* I rolled up my previous year's copies and sent them.

SAVE ON GIFTS FOR SHUT-INS

Glass jam containers may be colored by the simple bronze-paint method. One done in marigold yellow with a touch of black at the top would be attractive; another in larkspur blue with burnt orange at top and bottom. Fill with dates dressed with ground raisins and nuts dipped in chocolate.

Gather dainty grasses and paint in brilliant hues to give cheer after the sweets are gone.

Save your grape baskets and cover with plain red crêpe paper. In each basket put one steamed pudding in aluminum cup, pressed veal, a cluster of raisins, sweet red apples, oranges, and graham fig cookies.

For children in the charity hospitals fill the baskets with healthful edibles (including fruits), tiny dolls, tops and balls.

A year's collection of *Little Delineators,* with scissors, an unbleached-muslin booklet and paste, will entertain a small shut-in, while the adult *Delineator* may be passed along to some grown-up who could not otherwise possess it.—*Mrs. M. C. McK., Logan, Utah.*

SAVE DIRTY HANDS AFTER CHANGING THE AUTOMOBILE TIRES

I always carry in the automobile a bottle of soapy water and a few squares of clean rags; then when we have to tinker with the engine or change tires we can wash our hands with a few

shakes of soapy water from the bottle and they are comparatively clean.—*Mrs. H. S., La Porte, Ind.*

SAVE SPACE IN THE CAR

Last summer we took many all-day trips in our car and had the problem of storing our lunch in the smallest possible space. I bought a large tin bread-box with several shelves and a door opening from one side. The food kept in place much better than when it is placed in a basket. This box also provides a seat for a small child where he can be very comfortable.—*Mrs. W. D., Gordenville, N. Y.*

WITH OLD GARDEN HOSE

When a rubber hose for watering lawns springs leaks in several places, punch more holes at intervals and plug up the end. Turn on the water and leave your sprinkler to water the lawn.—*Mrs. F. D., Los Angeles, Calif.*

SAVE WITH HOLIDAY PLANTS

A friend who had a new home where the grounds were still undeveloped was delighted with a Christmas gift of perennial plants. The gift was started in the spring before Christmas. They included hollyhock, larkspur, foxglove, phlox, pinks and sweetwilliams. All of these with the exception of phlox were raised from seed. As the plants could not be presented at Christmas time, I wrote the names of them on a card, tied it to a small garden hoe, and sent it on Christmas Day.—*J. B., Appleton City, Mo.*

FOR THE CHILDREN'S PARTY

For a children's party buy one pound of animal crackers and one pound of Graham crackers. Use two cups of powdered sugar, add two tablespoons of butter, and vanilla to taste, then add enough water or milk to make a very thick stiff paste.

Put a good tablespoon on each Graham cracker, then stand the animal cracker upright in the middle of it. When these dry, they are quite firm. They please the children and make an effective table decoration. A little coloring added to this frosting makes

them prettier. A row of the animal crackers marching in solemn procession around the birthday cake is always enthusiastically greeted by the youngsters.—*V. S., Beaumont, Calif.*

SAVE ON PUMPKINS FOR JACK-O'-LANTERNS

One pumpkin may serve for two lanterns when the Hallowe'en decorations are being planned, or one-half of each pumpkin may be used for pie, using the other half for the lantern. Cut the pumpkin through the center and substitute a piece of cardboard as a back in place of the other half of the pumpkin. Cut the face in the pumpkin. A flash-light may be used instead of a candle if there is danger of fire, or an old radio battery may be attached to a test tube on the inside of the pumpkin and the battery pasted on the back of the cardboard with adhesive tape. —*Mrs. M. C. F., Pottsville, Pa.*

SAVE THE LIFE OF FLOWERS

The life of cut flowers, particularly of roses, may be greatly increased if a damp oiled paper is put over them at night. Cover the flowers with the oiled paper, tying the sides of the paper to the top of the vase.—*J. W. M., Detroit, Mich.*

CHILDREN

SAVE "ADS" FOR SAMPLE STORE

After reading the magazine advertisements I clip out the coupons offering samples and sign them with an indelible pencil. This does not run like ink nor rub off like ordinary pencil. As the little sample packages arrive, they are carefully opened, the contents removed, and then pasted shut again. The children began their "store" with one of Libby's Toy Stores and have added "Cream of Wheat," "Grape Nuts," "Post Toasties," "Soaps," "Coffee," "Tapioca," etc. They use disks of cardboard for money and spend many an hour arranging their goods. They are learning arithmetic, courtesy, brands and trade-marks, as well as prices of standard commodities. The little containers are just like the real ones and no grocer can fool the children when I send for a certain brand.—*Mrs. R. F. M., San Francisco, Calif.*

FOR THE CHILDREN'S WINTER UNDERWEAR

A small piece of elastic sewed across the bottom of the legs of children's long underwear will keep it snugly in place around the foot and ankle. This convenient device will do away with that bothersome lapping and bagginess so common when children wear long underwear.—*Mrs. G. K. S., Enid, Okla.*

SAVE BUYING CLAY FOR CHILDREN

A very simple but satisfactory molding clay may be made from one cup of flour, one cup of salt, one teaspoon of powdered alum, mixed with enough water to mold easily. By wrapping it in a damp cloth after the children are tired of playing with it the clay can be used again and again.—*Mrs. F. P. B., Rushville, Md.*

HOUSEHOLD

THE OIL-CAN AT CLEANING TIME SAVES FUTURE TROUBLE

One morning as I was collecting the necessary implements for the up-stairs cleaning, I slipped an oil-can into the pocket of my house-dress. Before turning on the vacuum cleaner I dropped a little oil into the oil-hole of the cleaner. The casters on one of the beds had refused to work properly for some time and were marring the floor. I put a drop or two of oil on each caster and was delighted with the result. As I opened the door of a clothes-room, the hinge gave a protesting squeak. It was the work of only a moment to apply a few drops of the oil to the hinge and silence it. The oil-heater in the bathroom was beginning to rust. I rubbed the rust spots with oil and off they came. (Needless to say I did not use the oil on the heater while the heater was hot.) Every housekeeper should have a handy oil-can. She will find it useful on many occasions.—*Mrs. J. A. H., Kitchener, Ont., Can.*

SAVE YOUR LAMP-SHADES BY WASHING THEM

Sometimes housekeepers think that when silk lamp-shades become dingy and soiled they must be discarded and the frames

recovered. However, I have washed several very successfully. Any metal fringe or braid should be removed. Then the lamp-shade should stand for a few minutes in a tub of warm sudsy water. After the shade has stood in the water for several minutes raise it up and down so the suds will be forced through the material. The shade should then be rinsed in clear warm water. If the silk is faded or a different tint is desired, a dye may be added to the rinsing-water. The shade should be hung to dry in the same position it will have when placed on the lamp, and it should be dried in a shady place. I have washed successfully yellow taffeta and China silk shades made of three layers of material.—*E. J., Mount Vernon, N. Y.*

SAVE YOUR MIRRORS

Mirrors should never be hung where the sun shines directly on them for any considerable length of time. A mirror exposed to direct sunlight for some time becomes cloudy.—*Mrs. M. B. K., Leavenworth, Wash.*

SAVE ON WATER-BOTTLES

When rubber hot-water bottles begin to leak, their usefulness can be prolonged in many cases by mending them in exactly the same manner that a patch is vulcanized on a tire-tube. Nearly every home garage is equipped with a vulcanizer, and it is the work of only a few minutes to reclaim a hot-water bottle that has been accidentally punctured or that has given out at the seams.—*Mrs. H. P. Van H., Cañon City, Colo.*

HOW TO MEET BILLS

My husband earns three hundred and twenty dollars a month, and I seemed to have no ready cash when the bills came in. Now I have a number of envelopes, each one labeled with one item as cash, electricity, rent, furniture, insurance, etc. I figure one-fourth of the monthly cost of these items, thus finding the weekly average. Each week I take out from my husband's wages the amount required for the various items for a week and place this amount in the envelopes. At the end of the month the money is ready and I no longer need to worry.—*Mrs. L. A. S., Toledo, O.*

SAVE THE HOUSE FROM INTENSE HEAT

A considerable difference is noticeable in the temperature of the house in Summer if there is a circulation of air through the attic. Some of us have houses with low attics reached only by a step-ladder and then one must climb through a hole in the ceiling to get into the attic. In case of storm it is almost impossible to close the windows and the place is stifling hot during the Summer if the windows are kept closed.

We bought window-blinds and fitted them into the frames. They kept out the rain but permitted the air to circulate freely. —*Mrs. B. W. M., Washington, D. C.*

SHIRTS SAVE LAUNDRY BAGS

Men's shirts make rather unique but very satisfactory laundry bags. The shirt should be sewed together at the bottom and more than half way up the front. The body of the shirt then becomes a receptacle for the larger garments and the sleeves may be used for smaller articles such as handkerchiefs, collars and hose. I have one of these improvised bags in every bedroom closet, and each member of the family keeps his soiled clothes in his own particular laundry bag.—*Mrs. B. E., Riverdale, Md.*

SAVE CROOKED CURTAINS

When curtains are ready to launder, measure them carefully, then after they are washed stretch them on the floor on a sheet and pin them to the sheet, using the measurements of the curtains before they are laundered. The second curtain can easily be pinned over the first one and they will dry very quickly. If this method is used, one is sure of having straight curtains.—*Mrs. T. G. C., Fort Worth, Texas.*

SAVE TIME IN CARING FOR BIRD

Instead of cutting a paper for the bird cage each morning, cut six or eight papers, place them in the bird cage and each morning remove the top one.—*Mrs. A. D. W., Dallas, Texas.*

SAVE MISTAKES IN BUYING WALL-PAPER

By getting samples of wall-papers and submitting half of each sample to the direct sunlight for a week and by then comparing the two pieces of each sample one can determine the relative fading quality of the paper.—*Miss G. S., North Stonington, Conn.*

SAVE SEARCHING FOR RECORDS

My small children will spend hours playing the talking-machine, but formerly they took much of my time running to me with a record to ask me what it was. Recently I hit upon the plan of pasting an appropriate picture on each record. They quickly learned to identify the records by the pictures and no longer ask any help in finding what they want.—*Mrs. C. P. K., Bristol, Va.*

SAVE LAUNDERING PILLOW COVERS

The toy box in the nursery was first painted, then covered with cretonne, but the paint was soon marred and the cretonne quickly soiled. Next I bought a very soft flexible black oilcloth and covered the box; then I padded an old blanket and covered that with the oilcloth. Only a moment is required to wash it and it is quickly fresh and clean. Nursery pillows were covered with the same material in different colors. The oilcloth can not be stitched on the machine. I use long-and-short stitches with wool, fastening the oilcloth on the pillow in this fashion, leaving a border with a raw edge about two inches wide.—*Mrs. E. A. G., New York.*

SAVE BUYING RUGS

Very pretty and durable rugs may be made from old chenille curtains and rope draperies. Ravel out the chenille and wind it into balls, then crochet it into round, oval or oblong rugs with a wooden hook.—*Mrs. G. E. H., Cory, Pa.*

SAVE CLEANING CAMP UTENSILS

In order to prevent soot from accumulating on the bottoms of utensils used in cooking over the wood fire, rub the bottoms of the utensils with soap before setting them over the fire. You will find they will wash off easily without scouring.—*Mrs. H. N. E., Santa Maria, Calif.*

TO MAKE DRAPES HANG STRAIGHT

Sew weights (such as are used in women's coats) in the corners of drapes that turn up. They are easily concealed and make the drapes hang straight.—*Mrs. I. T., Eaton, Ohio.*

SAVE THE SILENCE-CLOTH

When the children first begin to eat at the table there are bound to be accidents when the milk or other food is overturned. To protect the asbestos mat or silence-cloth I bought white oilcloth just large enough to cover the table and placed it over the mat and under the table-cloth.—*Mrs. H. A. H., Portsmouth, Va.*

SAVE TRACKING MUD INTO THE HOUSE

Three vegetable brushes, one large and two smaller, are very useful in keeping mud from being tracked into the house. Place the larger one with the bristles upon the porch step and nail it securely. Set the two smaller ones up on edge on either side and close to the larger one. This makes an ideal cleaner for muddy or dusty shoes.—*Mrs. P. F. S., Twin Falls, Idaho.*

SUBSTITUTE FOR MUCILAGE

When stamps lose their stickiness and no mucilage is available, use the white of an egg.—*Mrs. G. D. N., Atlanta, Ga.*

SAVE BUYING A COAL-SCUTTLE

Roof cement and a little sand mixed together with enough water to give it the consistency of soft putty can be used to mend the coal-hod. When the bottom of the coal container begins to give way, clean the surface, then plaster it well with the cement and sand, using a putty knife. Sprinkle sand over the patch, and next day the coal-scuttle is ready to use.—*Mrs. E. B. H., Middletown, Conn.*

SAVE WRINGING HOT CLOTHS

A new use for a potato-ricer is as a substitute for the hands when wringing hot cloths needed in case of sickness. It not only enables one to use very hot water, but saves the hands. This is particularly true if hot applications must be continued for some time.—*Mrs. W. F., Lake City, Minn.*

RAIN-PROOF PORCH PILLOWS

Make an inner covering for sofa pillows of oilcloth, and an outer cover of some attractive wash material. Such pillows can be left on the lawn or porch during a rain and will not be ruined. —*Miss G. E. M., Lake Park, Minn.*

SAVE WORK IN REMOVING PAINT FROM WINDOWS

It is sometimes very difficult to prevent paint from getting on window-panes when the house is being painted. But I have found a very good way that goes far toward preventing this nuisance: Before the house is painted, coat the windows thickly with any cleaning-powder commonly used for window-washing. When the house is finished, both paint and cleaning-powder can be washed off the glass together, thus saving time, temper and money. If paint has been allowed to dry on the windows, a sharpened putty-knife will remove it very easily.—*A. M. H., San José, Calif.*

TO MEND RUGS

Rugs that have become torn and frayed can be made neat again by turning back the edges with a wide strip of adhesive tape. This makes a flatter and neater edge than sewing.—*Mrs. C. E. S., Duluth, Minn.*

A TUCK-AWAY TABLE FOR THE PORCH

To provide a convenient table for writing and other uses on the porch of the Summer cottage I took a small bread-board and hinged it to the porch railing. A leg attached provided a support when the table was in place, and when not in use the table could be dropped close to the railing. It was but a little work to stain this useful table so that it harmonized with the color of the porch.—*Mrs. F. L. H., Cranford, N. J.*

FOR HOUSE PLANTS

If you are going away for a week and wish your plants to be well watered take a strip of soft white cloth one inch wide by two feet long and place one end of it in a large jar of water and bury the other end in the dirt around the plant.—*Mrs. R. R., Oak Park, Ill.*

WHEN SETTING A MOUSE-TRAP

Always scald a mouse-trap after a mouse has been caught in it. They will not step in it if they smell where their kind has been.—*Mrs. W. G. C., Bunger, Texas.*

SAVE THE ICE-CREAM FREEZER

My mother was able to use the same ice-cream freezer for fifteen years. Its usefulness was prolonged by painting the bucket once each year. This not only preserved the wood, but kept the hoops from getting rusty.—*Mrs. A. C., New Orleans, La.*

SAVE TEMPER WHEN OPENING BUREAU DRAWERS

What housekeeper has not been irritated and delayed by having the drawer of a bureau stick? Unless the sticking is caused by swelling of the wood, it can be overcome by the use of floor-wax, wax or tallow from a candle or even soap. The edges of the drawer and the space above them where the drawer slides into the space should be rubbed with the lubricant. The drawer will then slide very easily.—*R. N. B., Greene, N. Y.*

SAVE SPACE AND HAVE A SEWING-TABLE

What home-maker who must combine bedroom and sewing-room would not find this table very useful? It is made of light-weight boards fitted together, preferably twelve-inch cypress or white pine. The table is to be made thirty-six inches wide, the usual width of dress goods, and sixty inches long. It is not difficult to get the boards at a sawmill, having them cut sixty inches long and with grooved edges. The top is covered with beaver-board, which is cemented on. Pins used to hold patterns in place are easily pressed into the beaverboard. This sewing-table is hinged to the wall and has one leg to support the table when in use.—*Mrs. M. A. M., Pablo Beach, Fla.*

SAVE CLEANING PILLOWS

Cover your bed-pillows with a close-fitting white cotton cover. Baste at the end. The pillow-slips will look much whiter than is possible if the colored pillow-ticking shows through, making it look yellow or streaked. The white cotton cover is much simpler to wash than is the pillow itself to clean, and the slip makes the cleaning of the pillow itself unnecessary.—*Mrs. C. W., Reedsburg, Wis.*

SAVE DISASTER FROM LOOSENED CORKS

During the summer months many American people are packing their trunks for a vacation trip. It is a problem to know how to pack bottles so that the corks and stoppers will be kept

tight. It is helpful to draw over the top of each bottle the finger of an old kid glove. If the stopper has been inserted firmly and the glove is pulled down and tied securely, the stopper will not work loose.—*Mrs. G. T., Owen Sound, Ontario.*

ADD YEARS TO LINOLEUM

The life of linoleum is greatly lengthened if it is varnished just as soon as it is placed on the floor. This is particularly true of printed linoleum. It is well to varnish it once each year or as soon as the varnish appears to be wearing off. Before applying the varnish, the linoleum should be washed well with soap and water and thoroughly dried. A second coat should not be applied until the first is dry. Inlaid linoleum may be treated the same way.—*Mrs. M. B., Long Beach, Calif.*

SAVE WALLS FROM DUST STREAKS

The line at the bottom of a picture, formed by the accumulation of dust, may be prevented by gluing a thin piece of cork on the back of the picture in the two lower corners. These keep the picture from the wall and enable the dust in the air to circulate rather than accumulate.—*Mrs. J. L. B., Wellesley Hills, Mass.*

WITH SCRATCHES ON FURNITURE

If your victrola or piano becomes scratched, dip a fine camel's-hair brush in iodine and paint the scratch. Then polish with good furniture polish and the scratch will be unnoticeable.—*Miss A. B., Ironton, Ohio.*

SAVE THE ICE-PAN

If a housewife must keep a pan under her refrigerator to catch the melted ice, she may be glad to know how to keep this pan from rusting. By pouring melted paraffin over the bottom and sides of the pan when it is new rust can be prevented, as the water does not touch the pan.—*Mrs. G. B. S., Danville, Ill.*

A MOVABLE COAL-BOX

When we built our bungalow, it seemed impossible to have the coal-bin placed conveniently near the heater, so I thought of the following scheme. I have a large wooden box on cast-iron casters with a rope attached at one end to pull it from the coal-bin to

the heater. This box holds from three to five days' supply of coal, depending on the temperature out-of-doors, of course. It is a great convenience.—*Mrs. L. T. A., Trenton, N. J.*

SAVE BUYING FRESH GASOLINE

Gasoline may be washed very satisfactorily. After having cleaned an article with gasoline, add to it an equal amount of water, shake the mixture well and then allow it to settle. Siphon or pour off the clean gasoline, which will rise to the top. A small amount of soda may be added to the water before it is mixed with the gasoline.—*Mrs. C. A. R., Oklahoma City, Okla.*

SAVE CLOTH AND LACES FROM TURNING YELLOW

It has been found from experience that if these precious bits are wrapped carefully in bright or dark blue tissue-paper they are less likely to turn yellow. Crush pieces of tissue and place between folds so that no parts rest heavily on each other. Wrap all in another piece of blue paper, tie and label. Place all in a suit-box before storing away.—*A. D., Ithaca, N. Y.*

SAVE YOUR FEET

Take an old inner tube, cut into strips one and a half inches wide and weave into a rug to stand on while in the kitchen. It rests the feet because of the softness and the spring of the rubber. Fasten the ends with brads, rivets or even use rubber glue or puncture mender. I use the felt rug weave, but the different braiding can be used and put together with heavy cord. When dirty, they can be cleaned by turning the hose on them and left outdoors to dry.—*Mrs. A. W. B., Hayden, Colo.*

FOR A CLOTHESPIN-BAG

A draw-string in a clothespin-bag often sticks and holds the bag shut. Remove draw-string and insert wire afterward, shaped to a circle with an eyelet at the joint. The bag can be hung on a nail and the mouth is always open to its fullest extent, yet lies flat against the wall.—*Miss J. O. Y., Almonte, Ont., Canada.*

SAVE A POSSIBLE FLOOD

The woman of the house should know the location of the shut-off of the water pipes. A friend of mine had a disastrous experience because she had no idea where to shut off the water leading

to the bathroom. The pipe burst while the men of the family were away, and before the plumber could reach the house, the ceiling of the room below was soaked with water and the plaster had loosened and fallen. The expense of replastering and a great deal of inconvenience might have been avoided had she known how to shut off the water.—*M. R., Traverse City, Mich.*

MAKE MONEY ON GARDEN FLOWERS

Several summers ago we found that our income left us no spending-money. So we studied to discover a way in which the income might be increased. One evening at a lodge meeting I noticed that the women who lived in apartments were eager for the flowers which had been used for decorations. An inspiration came to me which proved to be profitable. In my garden were several long rows of sweet peas and nasturtiums in full bloom. I made up several bouquets of these flowers and permitted my ten-year-old son to take them to the apartment to sell. In an hour he was back with an empty basket and two dollars in cash. That afternoon he made a second trip. By evening all the flowers were sold. For the remainder of the summer the boy made two trips a week, following a regular route. In the fall there were zinnias and marigolds—but never enough of any flower to meet the demand. The next year most of our garden was planted with flowers. Both the boy and I have a very tidy income from the flowers.—*Mrs. R. J. S., Cambridge, Ohio.*

SAVE BUYING AN ASBESTOS PAD

All housewives who even occasionally use a tablecloth on their polished dining-room table need an asbestos pad to protect the table-top from hot dishes. They are rather expensive; but I made mine at a cost of a little more than a dollar. Buy a square piece of wall-board the size of the diameter of the table. Then with a piece of string tied to a pencil draw a circle on the wall-board the size of the top of the table. Draw a line cutting the circle in half. Divide this line into three equal parts, and draw lines through these points perpendicular to the diameter. With a pair of tinner's shears or a saw cut the board on each of these lines. There are now six pieces. Cut a piece of Canton flannel the size of the table-top; next cut the flannel into half-circles. Fit the three pieces of wall-board closely together. Cover them

with a half-circle of Canton flannel, the cloth and three pieces of board being exactly the same size. Cover the backs of the wall-board with glue, and fit them on the flannel. Proceed in the same way with the other three sections of wall-board and the half-circle of flannel. The flannel side of course goes next to the table-top.—*E. A. A., Leadville, Colo.*

SAVE THE LIFE OF FLOWERS

A florist recently taught me a clever secret for prolonging the beauty of cut hothouse flowers, especially roses. When the flowers have reached their prime, at the first sign of fading drop an aspirin tablet into the water. The flowers will revive as if by magic and remain fresh and beautiful for several days longer.—*C. L. M., Newark, Ohio.*

SAVE ON THE PLUMBER'S BILL

When the drain-pipe of the sink or bowl threatens to become clogged, attach the garden hose to the nearest faucet, remove the drain-plate and insert the nozzle into the drain, packing cloths firmly around it. Then hold the hose in place while the water is turned on. Any ordinary obstruction can be removed in this way.—*Mrs. C. L. H., Sigourney, Iowa.*

SAVE BUYING PORCH-LAMPS

At a country auction I bought an apparently worthless old surrey for twenty-five cents. It had a pair of carriage lamps on it, rusty but otherwise good. These I rubbed down, painted black, had wired for electricity and had installed on each side of the entrance door. They look exactly like a pair I saw in a window marked fifty dollars.—*Mrs. H., New Rochelle, N. Y.*

SAVE A LOOSE MOP-HANDLE

If the wooden handle of the floor-mop becomes loose and cannot be screwed into the mop, instead of attempting to make it tight by winding cloth around it, try soaking this end of the mop-stick in a bucket of warm water for approximately an hour. The handle will screw tightly and will remain tight for some time.—*Miss F. B., Riverside, Calif.*

DON'T BREAK THE BOOK'S BACK

A new book should not be used until it has been opened properly. To do this hold the book so the back is on the table and the covers and leaves are upright, take six or eight pages, first from the right and then from the left side, and press them down gently against the covers. Continue this until all the pages have been pressed down.—*Mrs. F. D. B., Manhattan, Kan.*

SAVE TROUBLE COVERING YOUR IRONING-BOARD

I have found it very useful to pad both sides of my ironing-board. I make a bag of the cover, which fits the board closely and then fasten it with a few tacks at the wide end. These few tacks keep the cover in place perfectly. If the board is covered in this way both sides can be used and recovering will be necessary only half as many times as when the old system is used. If desired, one side can be padded more thickly than the other, using the thick side for articles that are embroidered or on which there is a pattern.—*Mrs. F. E. S., Randolph, Va.*

TO KEEP CURTAINS CLEAN

Put the smallest size white snaps on the two bottom corners of your curtains and about a third of the way up. When cleaning or airing the room, snap up the curtains and they will not get wet or soiled—*Mrs. C. F. M., Woonsocket, R. I.*

FOR STICKY LEATHER

When leather on chairs, etc., becomes sticky, it can be easily remedied by moistening a piece of white cheese-cloth with banana oil and rubbing on the leather. Rub dry with a clean soft cloth. —*Mrs. W. M., Joliet, Ill.*

DON'T HUNT THE ICE-PICK

Small screw-eyes screwed into the right-hand side of the ice-box at the proper distance from one another make a very convenient holder for ice-pick.—*Mrs. M. H. O'P., Cedar Grove, La.*

A GOOD WAY TO MEND OILCLOTH

If you accidentally slit your nice, new, figured oilcloth table-cover, cut a piece of white court-plaster a little longer and wider than the cut. Wet it and paste it down on the wrong side over

the cut, and you have your oilcloth mended. It keeps the oilcloth from tearing more or fraying out.—*Miss L. G. E., Pecatonica, Ill.*

WHEN SHIPPING A MIRROR

When shipping a mirror or glass-covered picture, paste narrow strips of paper across the glass. This breaks vibrations and prevents cracking.—*E. L., Everett, Mass.*

WHEN MIXING PLASTER OF PARIS

Use vinegar instead of water when mixing plaster of Paris. It will be like putty and will not set for twenty or thirty minutes, whereas if you use water it becomes hard almost immediately. —*Miss E. B., Keokuk, Iowa.*

TO HANDLE HEAVY MATTRESSES

Fasten loops of strong material to the corners of the heavy mattress and it can be handled easily when it is necessary to turn or move it.—*Miss A. L., Sullivan, Ind.*

WHEN PAINTING STAIRS

Paint every other step first; when dry, paint the others. This affords a place to walk without touching wet paint.—*Miss E. C., North Buxton, Ont., Canada.*

A NEW BED FROM AN OLD ONE

Old brass beds which have become unsightly may be made most attractive by using a walnut finish. I had two such beds. I first gave them two coats of flat cream paint, and, when they were dry, covered them with a good walnut stain.—*C. K., Chicago, Ill.*

FOR AN IRONING-BOARD COVER

For a strong ironing-board cover, use old white window-shades which have been washed and ironed.—*Miss A. A., Hutto, Texas.*

TO KEEP LINENS WHITE

Blue an old pillow-case to a deep blue and store linens in it to keep them white.—*Mrs. C. M. S., Claremont, Calif.*

FOR HOT APPLICATIONS

When hot cloths are needed to relieve pain, try heating them in a steamer instead of wringing them out of hot water.—*Mrs. R. E. McC., Fairburg, Neb.*

A NEW USE FOR PAPER-CLIPS

Paper-clips are very useful in sewing. Use them in basting seams and turning hems; they will not fall out as readily as pins. —*Mrs. R. A. A., Tacoma, Wash.*

SAVE BOOKS AND PAPERS FROM MICE

If moth-balls are scattered through boxes of books and papers, mice will not touch them. When books and magazines are stored away in summer camps or in the attic, it is a comfort to know that they are safeguarded from the havoc that mice can create. —*Mrs. M. L. S., Farnam, Neb.*

TO SAVE KNIFE HANDLES

Never put the ivory handles of knives or forks into hot water as it causes them to crack and discolor. Hold in the hand while washing the blades or prongs.—*Mrs. R. H. N., Merryville, La.*

SAVE WASHING THE WINDOW-SILLS

I find that by waxing my white window-sills they are always kept looking their best and are protected from dust, dirt and rain. I wipe them with a dry cloth two or three times a week, and it is seldom necessary to wash them.—*Mrs. H. J. H., Chicago, Ill.*

WHEN USING A COOK-BOOK

Keep a window-pane over your cook-book when open in use to keep book clean.—*Mrs. W. S. H., Covin, Ind.*

FOR FROSTY WINDOWS

In cold weather, the best way to prevent window glasses from steaming is to rub them lightly with a piece of absorbent cotton moistened with glycerin.—*Mrs. E. E. H., Juniata, Pa.*

TO MAKE YOUR OVEN LIGHT

Paint the inside of your oven with aluminum paint so that you can see articles in it.—*Mrs. A. I., Topeka, Kan.*

TO CLEAN A PEN

Keep a small bottle of ammonia on your desk. One dip of the pen and it is as bright as new. This is especially helpful to those who use various colors of ink.—*Mrs. E. C. B., Syracuse, N. Y.*



CORRECT CUSTOMS FOR THE TABLE

TABLE COVERINGS

The Table-Cloth is the table covering most frequently used, and if made of an exquisite material may be considered the most formal type of cover. The table-cloth should always be laid over a silence cloth, which is usually of felt or a double-faced cotton material, and should be large enough to drop over the edge of the table several inches, or to be folded and pinned underneath the table at the corners. The silence cloth prevents noise, protects the table and improves the appearance of the linen.

The table-cloth must be laid with great exactness. The center lengthwise crease should fall exactly in the middle of the table and the four corners at equal distances from the floor. The cloth should extend over the sides and ends of the table until its edges just escape the seats of the chairs.

The Small Table-Cloth, used on informal occasions, if made from an unbleached or colored cloth with possibly a simple contrasting design is satisfactory and pleasing.

Doilies for each place are also used instead of the table-cloth and silence cloth. The doilies should be simple in design and well grouped, in order that the table may not look cluttered. The table should be protected by mats of felt or of asbestos under the doilies upon which hot dishes are to be placed.

Runners are another type of covering used on the bare table for the informal meal. These may be made of linen or cotton material.

Paper Coverings are used for very informal occasions and may be secured in every quality and size.

Napkins—In general, the napkin should be of the same pattern as the table-cloth, especially for the formal dinner or luncheon. For the less formal meal, however, it may be of any simple design or merely a hemstitched square of plain damask linen.

Dinner napkins should be folded in a square or in thirds with the monogram on top. Small napkins, used for luncheons or breakfast, may be folded in a three-cornered shape, although the

rectangular shape is preferable. Fantastic arrangements of the napkin are never in good taste.

The dinner napkin is usually between eighteen and twenty-four inches square, while the luncheon napkin may vary from fourteen to eighteen inches square.

Decorations—The key-note of attractive decoration is harmonious simplicity. A low fern, a few flowers, or gracefully arranged fruit is always a pleasing accompaniment to the most simple repast.

Candles, alone or in combination with other forms of decoration, are very beautiful.

Menu-Cards are used only at public functions. They are usually placed upon the napkin.

Place-Cards are customary at formal meals for convenience in seating the guests. They may be placed upon the napkin or toward the upper left-hand corner of each person's place.

LAYING THE TABLE

The handles of all of the flat silver placed to the right and left of the plate must be in a perfect line with the edge of the table.

Twenty inches of space is the smallest distance which should be allowed for each person and twenty-five or thirty inches is better.

Service-Plates—At a formal dinner it is considered correct to have a plate before each guest until the table is cleared for dessert. Upon this are placed dishes containing the first courses of the meal. It is not removed until it is exchanged for the first hot course after the soup is served.

Silver—All flat silver is laid in the order of its use, starting with the piece farthest from the plate on either side. They are placed one-half to one inch from the edge of the table. All the silver must be in the same straight line, compact but never crowded.

Knives are placed to the right, the cutting edge toward the plate. Spoons are placed to the right with the bowl up. Forks are placed to the left with the tines up, with the exception of the oyster and canapé forks, which are placed to the right, because they are used by the right hand when no knife is used with these courses.

Not more than three knives and three forks (not counting either butter knife or oyster fork) should be laid at one cover. If the meal contains courses enough to call for more silver, the additional pieces should be laid just before the course is served, or served on the plate containing the finger-bowl and doily.

Tea- and afternoon coffee-spoons are laid across one side of the saucer, the handle of the spoon and the handle of the cup on the same straight line; fruit spoons are laid on the fruit plates; and the butter knife is placed across the rim of the bread-and-butter plate, the handle pointing diagonally toward the service-plate, or perpendicular to the edge of the table taking the same direction as the other flat silver. This latter method is more harmonious with the structural lines of the table, though possibly slightly less convenient for the guest.

Bread-and-Butter Plates are placed at the tips or slightly to the left of the forks.

Glasses are filled three-fourths full and placed at the tip or slightly to the right of the tip of the knife.

Salts and Peppers if individual should be placed directly in front of each cover.

The Carving-Knife and Fork may be placed on the side table until needed; if placed on the table, the knife and gravy spoon are laid at the right, the fork to the left of the host. The carving-knife should be sharp, as it is not good form to sharpen it at the table.

Individual Dishes for nuts or bonbons, when used, are placed in front of each cover.

Finger-Bowls—If finger-bowls are needed after the first course, they may be placed in front of the cover when the table is laid. The finger-bowl is usually brought in on a plate covered with a doily and placed directly in front of the guest after the last course.

Napkins—The napkin is placed to the left of the cover with the loose edges parallel to the forks and to the edge of the table.

SERVING

Placing Dishes and Passing Food—The following directions indicate the preferred methods of placing dishes and passing food:

1. The waitress places the dish from the right and removes the dish from either the right or left of the guest. Care should be taken never to touch a guest.

2. When a plate is to be removed and another placed immediately it is customary to remove from the right and place from the left of the guest.

3. Food which is passed by the waitress should always be offered at the left, as this permits the guest to use his right hand in helping himself. The waitress should see that adequate silver is placed on the dish, in a convenient position. She should hold the dish low enough and close enough to the guest's plate for the guest's convenience.

Filling Glasses—The attentive waitress replenishes the glasses without being directed by the hostess.

Clearing the Table—When clearing the table for dessert, all salts, peppers, bread-and-butter plates and relish dishes should be removed. Usually nothing remains on the table but the center decoration and glasses or side dishes which may be used for the dessert course, or, in informal serving, the dessert silver. The table should then be crummed, using a small folded napkin and a plate, working on the left side of the guest.

HOW TO REMOVE STAINS

GENERAL DIRECTIONS

Each stain demands individual attention. Patience is essential. Do not use strong chemicals. If the stain disappears instantly it is likely that your cloth will do likewise in time. Method is more important than the chemical you use.

Follow directions carefully and be ready to make more than one effort. Cover only a small section at a time. Either place a thick pad of old toweling under the stained material to absorb the remover and stain or stretch the soiled fabric over a bowl into which hot water can be poured. Do not use hot water on an unknown stain, because heat may set it permanently. When in doubt use cold water. It will not injure the fabric, as water stains can be removed by steaming, and it may have good results.

Discover if possible what caused the stain and then determine which remover is most effective without injuring either texture or color or fabric. You might stain a sample of the material and test various removers. Work toward the center of the stain to avoid rings and continue light strokes until spot dries. If one method fails, try another.

Where the use of potassium permanganate and oxalic acid is recommended, apply potassium permanganate first with a dropper, leave until color changes to brown, pour warm water through it, apply oxalic acid with a dropper, pour water through the stain again. Repeat this process until stain disappears. The oxalic acid should be diluted one-half when it is used with delicate colors.

Do not use household ammonia. Buy a ten per cent solution of ammonium hydroxide at a drug store, diluting it to one-half for use with delicate colors. Where alternation with oxalic acid is suggested, pour clear warm water through the stain between applications of ammonia and acid, repeating the entire process until the stain disappears.

Acid—To restore color, hold spot over ammonia fumes. To remove acid, sponge material with water containing a few drops of ammonia. If this method is unsuccessful, cover both sides of stain with baking soda, moisten with water, allow to stand, then wash in cold water.

Albumen—Wash in cold water.

Alkali—Wash in solution of warm water and lemon juice, vinegar, or cream of tartar.

Blood—Wash in solution of warm water and ammonia, using a few drops to a quart of water. If stains are persistent in cotton or linen, bleach with Javelle Water. This may be purchased at a drug store or made as follows:

RECIPE FOR JAVELLE WATER

Put one pound of washing crystals into an enameled utensil and pour one quart of boiling water over them. In another utensil or earthenware bowl mix one-half pound of chloride of lime and two quarts of cold water. Then combine the two solutions and let stand to settle. Pour off the clear liquid, straining through several thicknesses of cheese cloth. Bottle in dark colored bottles and keep tightly corked. If solution takes on a pink tinge its effectiveness is not reduced. Use on white cotton or linen only as it removes color and injures wool and silk.

Bluing—Wash in boiling water, using a little vinegar if necessary. If this is unsuccessful, Javelle Water may be used on white cotton or linen. A yellow or red cast which still remains may be taken out as Iron Rust. In other fabrics, a persistent bluing stain will probably yield to oxalic acid or ten per cent solution of acetic acid.

Candle Wax—Scrape off excess wax with a dull blade. Place blotting paper on both sides of the stain and press with a hot iron. To remove remaining color, launder in clear water, or in the case of cotton or linen, use Javelle Water.

Chewing Gum—Scrape off excess gum with a dull blade. Wash with gasoline, chloroform, ether, or alcohol, remembering that the first three are inflammable.

Chocolate or Cocoa—Wash in cold water and soap. A second method is to cover with borax and wash in cold water, following if necessary with boiling water. Old stains which are stubborn

can be treated, in white cotton or linen, with Javelle Water, and in silks or woolens, with oxalic acid.

Coffee—Pour boiling water on stain from a height of two feet. Another remover is Javelle Water for white cotton or linen; and potassium permanganate alternated with oxalic acid for silks and woolens.

Dye—If the dye is still wet, sponge with warm water. Otherwise use Javelle Water for white cotton and linen; hydrogen peroxide with a little ammonia for silk or wool.

Egg—Wash in cold water.

Fruit—Pour boiling water on the stain from a height of two feet. For old stains in white cotton or linen, use Javelle Water; for woolens and silks, use oxalic acid and ammonia alternated, or borax and ammonia.

Grass—Rub washable materials with a cloth dipped in kerosene, following with soap and water. Sponge non-washable materials with a cloth dipped in carbon tetrachloride.

Grease—Use warm water and soap on washable fabrics. Sponge non-washable materials with carbon tetrachloride.

Ink—For white materials, use salt and lemon juice and leave in the sun. For colored materials, remove a blue or black ink stain with ammonia and oxalic acid, alternated; a purple, red or blue ink stain with potassium permanganate and oxalic acid, alternated.

Iron Rust—Place stained material over a bowl of hot water, moisten, and apply oxalic acid crystals. Moisten repeatedly for five or ten minutes. Wash out acid.

Machine Oil—Use soap and water on washable fabrics, or rub with turpentine and then launder. If the stain is old, it can be removed from white cotton or linen with Javelle Water. Sponge other materials with carbon tetrachloride.

Meat Juice—If material is washable, use lukewarm water to remove blood, then follow with soap, or boil with soap, water and washing soda. If stain is old, use Javelle Water on white cotton or linen. Sponge other materials with carbon tetrachloride, or use warm water containing a few drops of ammonia.

Medicine—Wash in warm water or soak in alcohol.

Mildew—Remove fresh mildew with cold water. For old stains on white cotton or linen, use potassium permanganate alternated with oxalic acid; where the entire article is covered with

mildew, soak in solution of one cup Javelle Water to one quart of water, leaving no longer than twenty minutes, and wash out.

Milk—Wash in cold water and follow with warm soapsuds.

Paint—Remove fresh paint stains from washable material with yellow soap and water. Paint may be removed from other fabrics with gasoline, turpentine, benzine or benzol. Remember that they are inflammable. For old stains benzol is best.

Perspiration—Launder white, washable fabrics in warm water and soap, placing in the sun to dry. If color has been removed from colored materials, there is nothing to be done, unless you can retint the fabric. Otherwise apply dilute solution of sodium hydrosulphite and wash in water.

Tobacco—Apply dilute hydrochloric acid, followed by dilute ammonia. Sponge with soap and water.

Water Spots—Shake material in steam escaping from boiling teakettle, keeping hands away from steam. Remove from steam, and shake until dry. Iron, protecting fabric with damp cheesecloth.

FOR THE FIRST AID CABINET

No home is complete without a first aid cabinet. In this cabinet all the household remedies and articles for use in illness and emergencies should be kept. Select a cabinet large enough to hold the necessary articles, and place it high enough to be out of reach of children—preferably in a bright spot where the contents can be clearly seen day or night when the door is open.

Small medicine cabinets can be purchased at slight expense in furniture and household supply stores. Those having two shelves, making three compartments, and provided with a lock and key, are most desirable. The key should be hung on one side near the top of the cabinet with a string attached so that it can not be mislaid and will always be available.

THE TOP SHELF

Poisons—Not much space is required to keep the poisons needed in a family medicine chest, but during sickness the doctor may order other poisonous compounds. All poisons should be kept on the very top shelf.

Tincture of Iodine—Of the poisons that are usually kept in the medicine cabinet, tincture of iodine is most common, and most generally used. This is used only externally and is applied as a disinfectant on cuts and lacerations and whenever the skin is broken. It should be gently applied with cotton swab or gauze and never poured on the surface. If too much is used it will blister the skin. The iodine bottle should be distinctive, clearly labeled and unmistakable.

Disinfecting Solutions—When a five per cent *carbolic acid solution* is kept on hand it should also be put in a distinctive and labeled bottle. This is for external use only and always in dilution of a strength not greater than half a teaspoon in a quart of water. This is used in contagious diseases, to disinfect the hands and the discharges.

PRESCRIBED MEDICINES

There are only a few medicines for internal use that should be allowed in the family medicine cabinet. Many and various medicines have been prescribed by your physician at different times, but these should never be kept or treasured for future use. A medicine prescribed for one occasion should never be taken on another, unless under doctor's orders. It is better to throw all medicines away, when the ailment is cured. For example, a solution of argyrol, which is considered by many mothers to be a household remedy, is very unstable and to have any value must be made up fresh, as it is inert after a few weeks.

HOME REMEDIES AND FIRST AID

On the second shelf of the cabinet there should be space for at least ten bottles of medicine. The ones to be described will meet nearly every emergency of first aid or request of the doctor. In smaller towns all of these remedies should be available at a moment's notice. And they are nearly as important in the cities, for it is sometimes very difficult to procure any of these remedies at night when most drug-stores are closed. All of the bottles should be plainly and clearly labeled. The ten remedies usually recommended for household use are:

Alcohol—(Although pure grain alcohol can not be obtained except by a physician's special prohibition certificate, and he is not allowed to prescribe more than eight ounces at a time, the medicated alcohols sold in drug-stores answer all the purposes of pure grain alcohol for sponging, cleansing, compresses, etc. A six-ounce bottle of medicated alcohol will be sufficient for all uses of the sick-room.)

Aromatic Spirits of Ammonia to be used as a stimulant in case of faintness or after fainting.

Camphorated Oil for use in rubbing the chest, etc., during bronchitis or heavy colds.

Cascara is a good and harmless laxative.

Castor Oil to be used not as a laxative, but as a *purgative,* in cases when the bowels and intestines are to be entirely cleaned out in a short space of time.

Linseed Oil and Lime Water (Carron Oil) to be used for scalds and burns.

Spirits of Camphor can be effectively applied to cold sores, and for general use with colds.

Sirup of Ipecac—a half to a whole teaspoon will cause vomiting, in smaller doses good for colds.

Boric Acid is excellent as an eyewash or as a wet application to sores.

Sweet Spirits of Nitre in prescribed doses will reduce fever.

Bicarbonate of Soda for acid stomach and mild indigestion.

Mustard when mixed with flour is excellent as a counter-irritant or as a plaster on the chest.

EQUIPMENT

The medical and surgical accessories which every one should keep on hand for emergency use may be placed on the lower shelf. These should be replaced and replenished after use so they will always be ready.

A Clinical Thermometer is a prime necessity and is often a guide as to when to send for a physician. Every one should learn to use and read a thermometer before the occasion arises when it is needed. (It is always well to bear in mind that very slight causes can send up the temperature in small children, but a continued temperature may be serious and always requires the attention of a physician.)

A Hot Water Bottle and Fountain Syringe are part of the equipment, and it is well to have a pair of **Scissors** on hand as they are often hard to find at the crucial moment.

A Cup and Spoon, a Glass Medicine-Dropper, and a **Small Glass Graduate** for measuring fluids, should be on hand.

A paper of **Safety Pins,** a cake of **Castile Soap,** and a **Flashlight** or **Candle** with a box of **Safety Matches** should all be in readiness.

A five-yard roll of **Adhesive Tape,** one and one-half inches in width, which can be cut into narrower widths if desired, several one and three inch **Bandages,** a package of **Sterile Gauze,** several packages of **Absorbent Cotton,** and old linen or muslin are all necessary.

SPECIAL ITEMS

Stearate of Zinc powder can be purchased in a tin can with a shaker and is useful for skin irritations, chafing, sunburn, etc.

It is a wise plan to have a half-ounce of liquid **Collodion** or liquid court-plaster for slight cuts and abrasions. A tube of **Petroleum Jelly** and a tube of **Zinc-Oxide** ointment complete the articles recommended for the bottom shelf.

HOW TO GIVE MEDICINE

Following are a few simple rules, which it is well to obey when you give medicine:

1. Never give medicine in the dark. Read the label three times—before taking it off the shelf, before pouring, and after pouring.
2. Shake any liquid medicine.
3. Turn the label up when pouring. This keeps it clean.
4. Think what you are doing. Never speak or listen to any one when you are measuring medicine.
5. Give just the amount ordered, not one drop more or less. While pouring hold the medicine glass with the mark of the right amount level with your eye.
6. Cork the bottle at once. Some medicines get stronger, others weaker when uncorked.
7. Read the label the third time.
8. Give the dose.
9. After a dose of unpleasant medicine, give water, a cracker or a peppermint.

CARE OF THE COMPLEXION

CLEANSING THE SKIN

The Oily Skin—The normal skin with an oily tendency needs plenty of washing. Use a bland soap or a sulphur soap and avoid super-fatty soaps. Rinse thoroughly so that no trace of soap will remain on the skin. Soak some damp absorbent cotton in an astringent face tonic and run it all over the skin once a day.

The Dry Skin—For the normal skin with a dry tendency avoid soap and water. If you do use soap be sure that it is the super-fatted kind that gives oil to your skin. Cleanse with a cold cream every day.

The Average Skin—For the skin neither too dry nor too oily soap should be used only once a day. At other times cleanse with cream. If your skin needs "toning up" apply a good muscle oil or tissue stimulant after cleansing.

HOW TO CARE FOR THE SKIN

Before applying the cold cream lay a Turkish towel, which has been soaked in hot water, across the face. Then put on a generous application of soft, melted cream. Massage the cream gently into the skin, rubbing always UPWARDS and OUTWARDS. Remove the cold cream with hot water.

Take your patter, or make a pad of absorbent cotton, fold it over smoothly, squeeze it out in cold water and flop it all over the face, neck and chin for at least five minutes. People who can use ice should wrap a piece in a soft cloth and rub it swiftly over the skin. If the application of ice is too great a shock for you wet a towel in cold water and apply.

Special Cautions for Oily Skins—With an oily skin you should avoid too much butter, cream, gravies, fried foods, rich sauces and dressings, and especially sugar. If you use cold cream to cleanse your skin follow it with a thorough scrubbing with warm water and soap.

Sunburn and Tan—An excessive use of water on the skin where there is a continual exposure to the sun and hot air is not advisable. Wash the face at night only and pat on a cream or skin food. Many people get relief for tan and mild sunburn by the use of vinegar.

For severe cases of sunburn avoid breaking the skin, prick any blister that may form and sprinkle with finely powdered starch and cover with gauze containing carbolated vaseline. If the skin is not broken, zinc oxide, stearate of zinc or boric acid may be worked into the vaseline.

For bleaching a tanned skin, cucumber, tomato or lemon juice is useful. Buttermilk makes a good bleach. It should be put on the skin several times a day and left until it dries.

Freckles—The best home treatment is prevention. Every possible means of protection should be employed. Applications of cold cream followed by light face powder will be useful and parasols and shade hats should be generally used.

A Shiny Nose should be neither rubbed nor steamed. Bathe gently, always in cold water, sopping it on the skin.

CARE OF THE NAILS, HANDS AND ARMS

Wash the Hands and Arms only when there is time to do so thoroughly. Use lukewarm water and a good mild soap. Do not put the hands in very hot water if it can be avoided. Once in twenty-four hours the hands should be lightly scrubbed with a nail brush. Rinse all soap off in cool water. For moderately oily skins a vanishing cream or a hand cream may be used. After drying, apply a standard hand lotion.

STAINS AND RED HANDS

If the water is hard it should be boiled and a few drops of benzoin, which whitens the skin, should be added. Stains may be removed with lemon juice.

If the hands have been long in water and look parboiled use vinegar. When doing housework protect the nails by dipping them in lard or vaseline, and always wear gloves.

For rough hands use a good hand cream.

CARE OF THE NAILS

The Nail should occupy half the space between the tip and the first knuckle. All nails have half-moons and if they don't show the cuticle needs training. Every time the hands are washed, and while they are drying, the cuticle should be pushed down with the towel. Once a day run the flat edge of the orange stick gently around under the edge of the cuticle, then rub a good cuticle cream all around underneath and on top. After ten minutes or so push the cuticle gently back where it belongs.

Hangnails are caused by neglect or abuse of the cuticle, and by nerves. Don't cut them off with scissors and don't clean up the corners of the nails by cutting.

MANICURING

To manicure the nails at home have a rather stiff nail brush, a thin pliable file with a round edge, not sharp, an emery-board, small sharp nail scissors, an orange-stick, two buffers, rose-tinted powder and paste, a bottle of cuticle remover, a bottle of lemon-juice or some chemical preparation for removing stains, good soap, some powdered pumice, and bleaching cream.

File the nails quickly, and smooth with the emery board. Shape your nails to fit your fingers.

Soak the fingers in warm soapy water for ten or fifteen minutes, then clean them with an orange stick. While you are doing one hand have cold cream on the other. Loosen the cuticle from the nail with a cuticle-removing lotion. Never use a knife or any sharp implement to cut the cuticle. After the cuticle has been put in perfect order the fingers are dipped into water again.

Before beginning the polishing process rub a little pumice-stone over the nails, to insure a smooth surface. A good liquid polish is excellent.

If the powder polish is preferred, there is a pink paste which comes first which will give a natural tint to the nail. After this the powder is put on with a buffer. Then the fingers are dipped in the bowl once more, carefully dried, and given a few last light strokes with the buffer. If the nails crack and split, apply vaseline or a smooth cold cream at night.

CARE OF THE ARMS

The Arms. There is often noticeable, on the upper part of the arms particularly, a condition similar to that known as goose flesh. The best thing to do for it is to give it a good scrubbing once a month or so with warm water and almond meal. Then put on a bleach for fifteen minutes. Wash it all off and comfort the skin with a soothing bath of hot oil. Then massage with a circular motion. Work gently if you want your arms to be larger, vigorously if there is too much flesh.

Liquid powder, because of its staying qualities, is particularly desirable for the arms but use a little lighter shade in every case than the powder used on the face.

Elbows. No part of the body perhaps is more misused than the elbow. Once more hot oil comes to the rescue, and massage. And after this, tie them up in pads of absorbent cotton soaked in the oil.

CARE OF THE HAIR AND SCALP

Whether your hair is cut or whether it is long, it cannot be really attractive unless it is healthy and lustrous. The life of your hair depends upon pure blood and good circulation.

DANDRUFF AND ITS CARE

The most prevalent hair trouble is dandruff.

Simple Dandruff need cause no great anxiety if proper attention is given it. An oily tonic should be used for massage.

Oily Dandruff is a sort of superficial crust formed by dust and scales and excess oil. Medical treatment in the way of tonics, deep breathing and careful eating are recommended.

Ventilate the hair daily. Wash the hair once a month. Use a good astringent tonic.

Infectious or Destructive Dandruff is an exaggerated form of the disease. It is very infectious and may destroy the hair if not checked. Treatment should be prescribed by a specialist.

OTHER HAIR TROUBLES

Hair Splitting and Breaking is common among persons in poor health. The split ends of the hair should be clipped or singed, and a thorough course of scalp massage given.

Dry Hair is caused by the failure of the glands in the scalp

to secrete enough oil. Vaseline, olive oil, or sweet almond oil should be rubbed into the scalp with the tips of the fingers.

Oily Hair is due to over-secretion of oil by the glands of the scalp. A reliable astringent tonic may be used. Massage is desirable for both dry and oily hair.

HOW TO SHAMPOO CORRECTLY

Before beginning a shampoo, massage some pure sweet oil into the scalp. Try to get soft water to use. A little borax dissolved in very hot water and added to the hard water will soften it.

Do not rub soap directly on the head; use a prepared shampoo or make a jelly of some bland soap and work it into the scalp with the fingers. Pour it over the head, a little at a time until all the hair is quite wet, then rub the scalp thoroughly with the finger tips, until it is perfectly clean.

Rinse well and apply the shampoo a second time, wash the hair between the hands gently, working always from the roots downward. The rinsing water should be of the same temperature as the body. The best way to dry the hair is with warm towels. Lift the hair with the fingers and shake it—gently from time to time, so it may be thoroughly aired. Dry it in the sunshine whenever possible.

Dry Shampoo. Where a complete shampoo is impossible try this: Shake the hair down and wipe down the strands with clean soft towels. Brush it thoroughly with a clean bright bristle brush.

Mix well two ounces of fine corn-meal and one ounce of powdered orris root. Sprinkle the mixture through the hair. Rub the scalp gently and thoroughly. Shake the hair thoroughly and then brush it until all traces of the powder are removed.

MASSAGE

Massage every day is necessary to the health of the hair. Five or ten minutes daily is a good average.

BRUSHING AND COMBING

The brush must be stiff enough to give a rather vigorous treatment without breaking the hair or irritating the scalp.

A good comb is made of composition with smooth blunt-ended teeth.

Brushing is of the greatest value; it cleans the hair and leaves it glossy and bright and should be a daily habit.

DELINEATOR HOME INSTITUTE

The Delineator Home Institute is conducted for the benefit of Delineator readers by department heads who are recognized for outstanding leadership in their respective fields.

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